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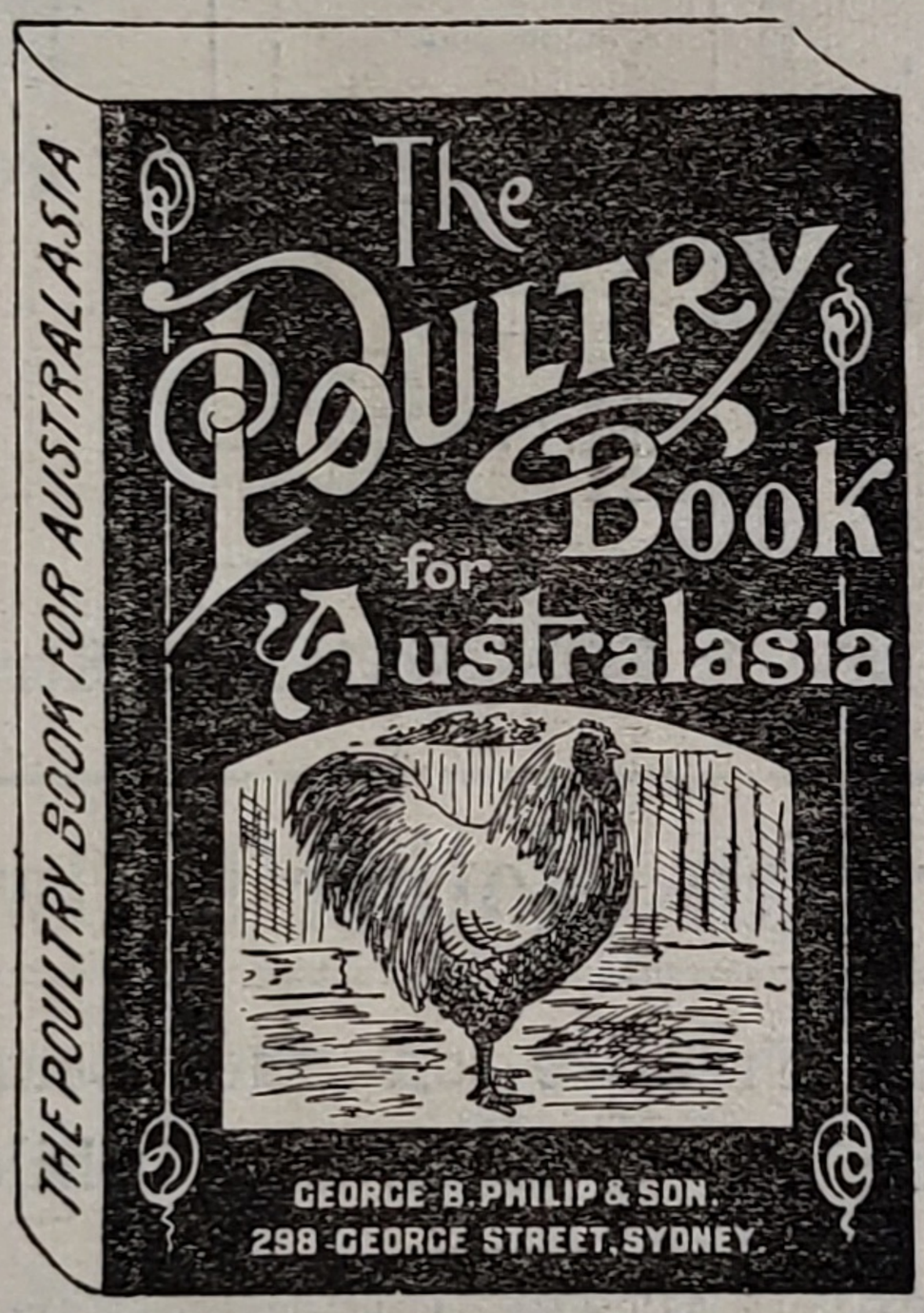
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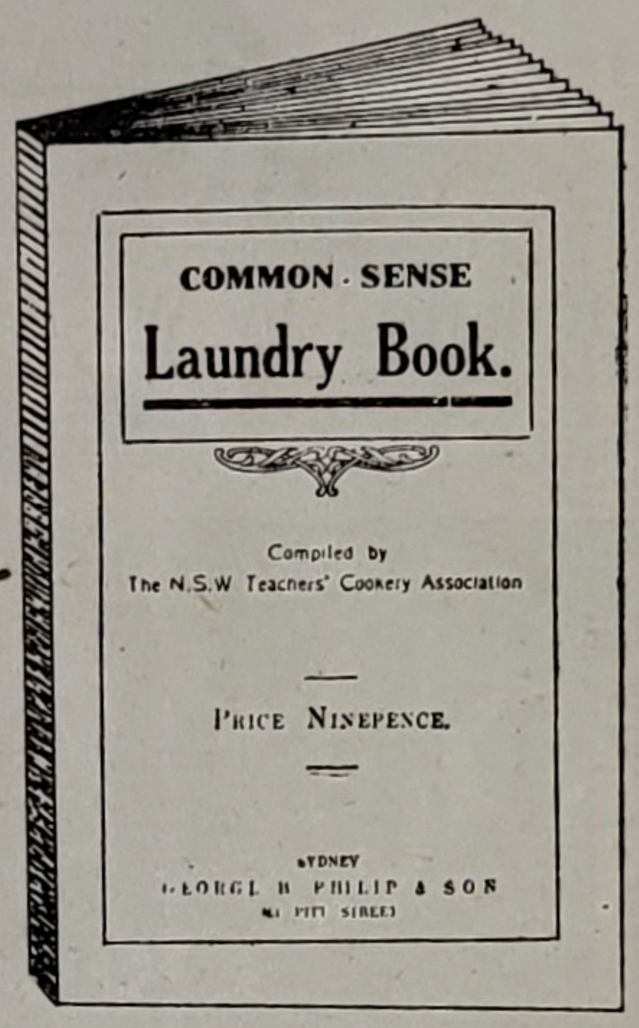
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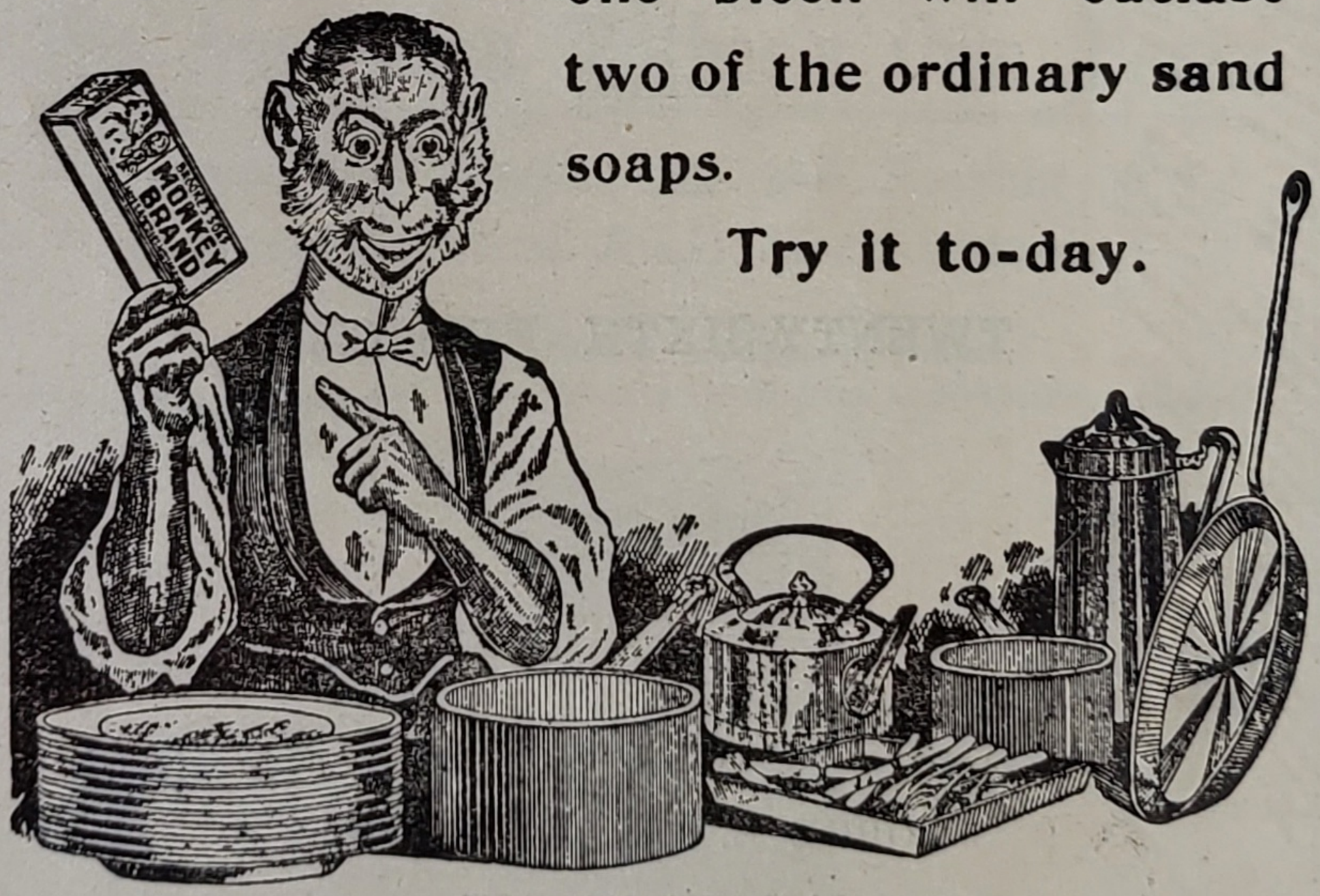
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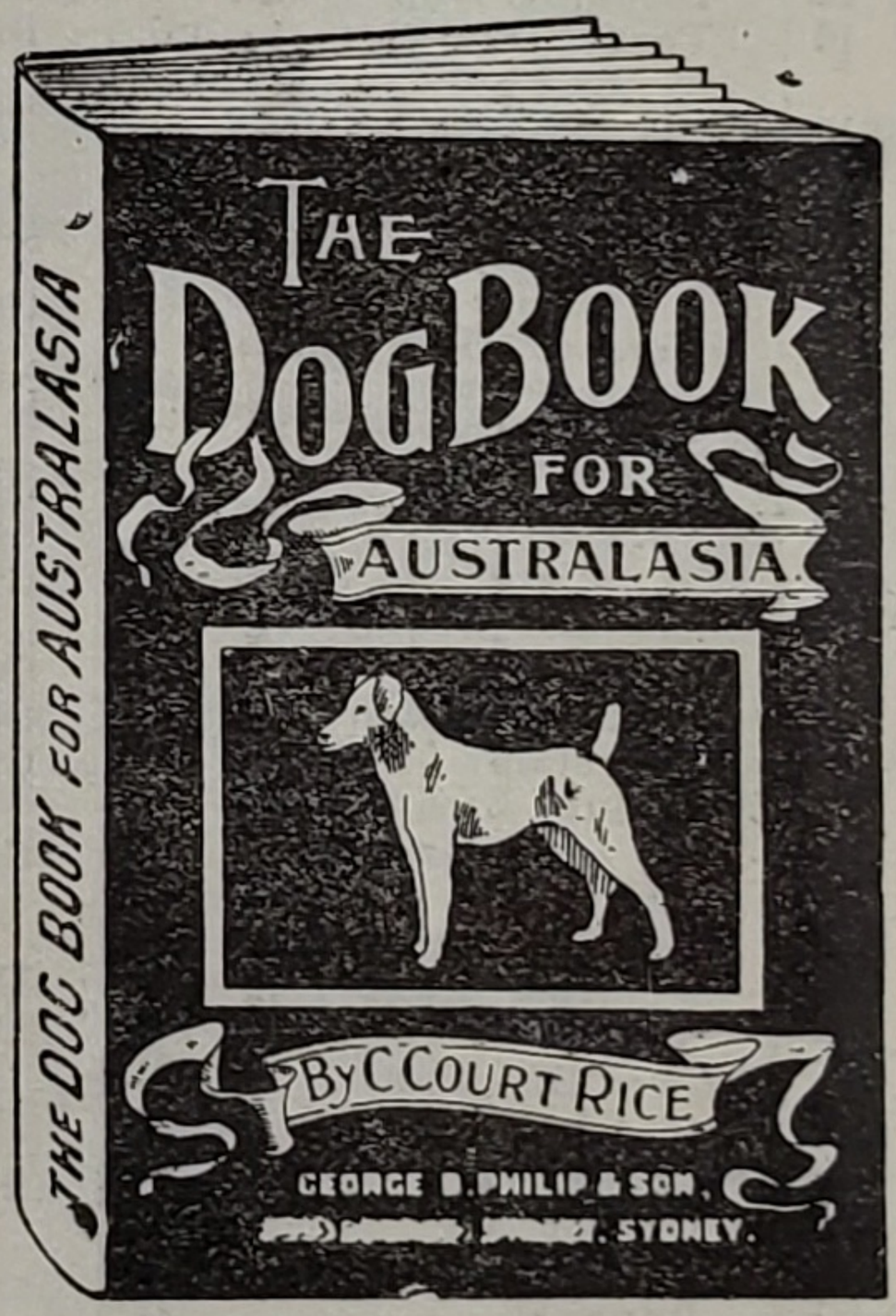
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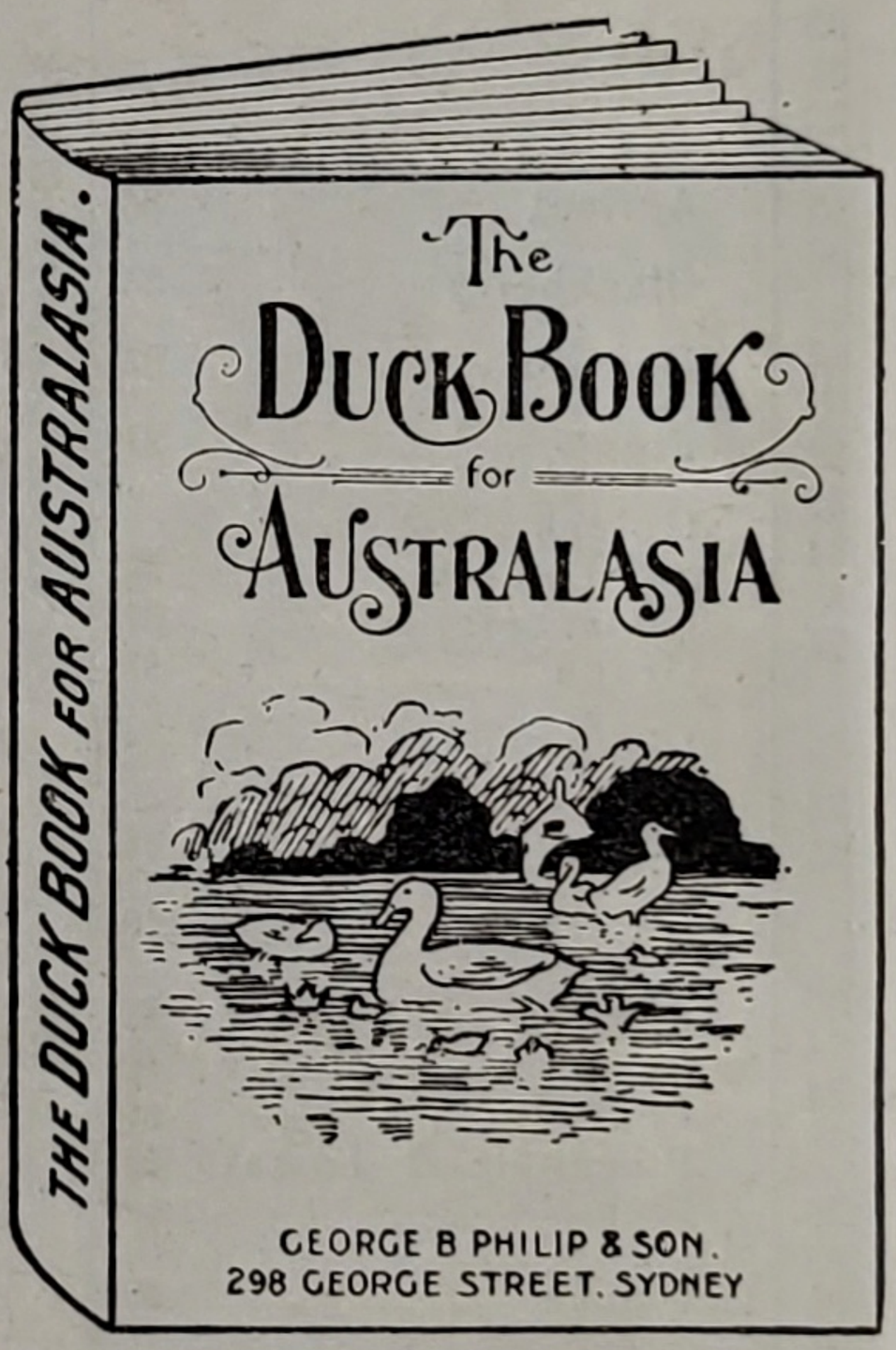
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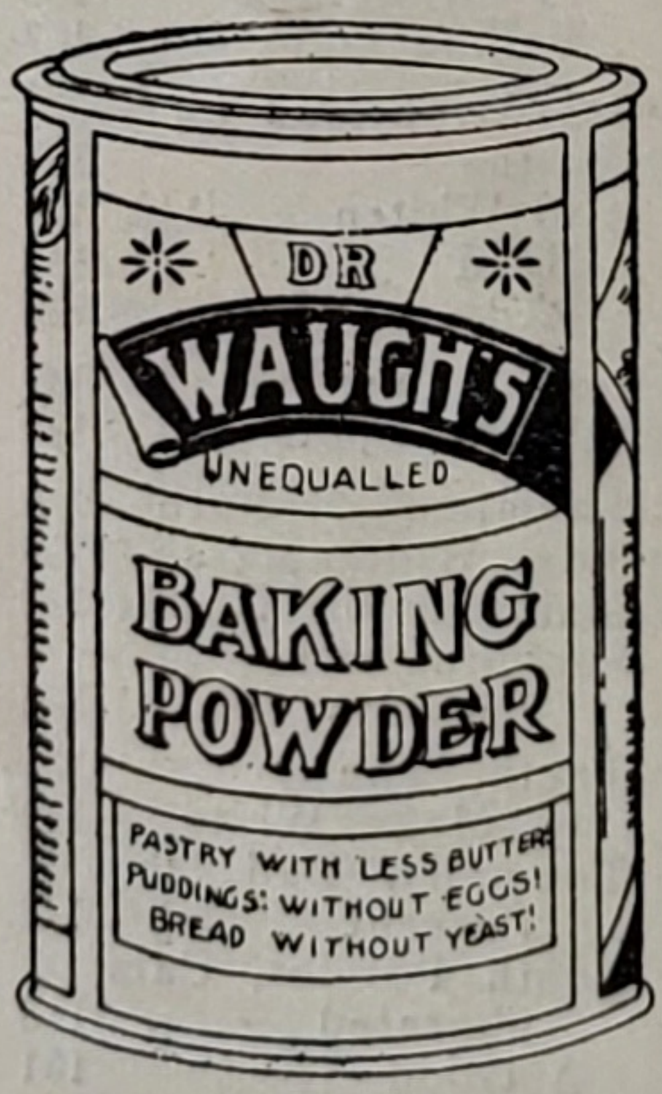
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Household Matters and Management.

Acid on Clothes.—Dampen as soon as possible after exposure to the acid with spirits ammonia. It will destroy the effect immediately.

Ammonia, Uses of.—A little in tepid water will soften and cleanse the skin. Spirits of ammonia inhaled will often relieve a headache. Diluted, it will relieve the stings of insects. The color in silks that have been stained by fruit can usually be restored with ammonia. To brighten carpets wipe them in warm water to which has been added a few drops of ammonia. One or two teaspoonfuls to half a bucket of water will clean windows better than soap. Grease spots may be taken out with weak ammonia and water; lay soft paper over, and iron with hot iron. Yellow stains left by sewing machine oil on white goods may be removed by rubbing the spot with a wet cloth with ammonia previous to washing with soap. Equal parts of ammonia and turpentine will remove paint from clothing, even if it be hard and dry. Saturate the spot as often as necessary, and wash out in soap-suds. One teaspoonful of ammonia in a teacupful of water will clean gold or silver jewellery; dry in bran.

To Get Rid of Ants.—1 oz. borax, 1 lb. sugar, ½ a small teacup of water; boil all together three minutes, cool, and put on the bottom of a plate turned over or in shallow tin lids, and place in their tracks. They will eat greedily and die a short distance away, but care must be taken to only put a small amount of borax, or they will not touch it.

Ants.—Take ½ lb. of flowers of sulphur and 4 oz. of pot ash, and heat them together in an earthenware vessel till dissolved. Allow the mixture to cool, then infuse with water, and apply to the infested place. Not many ants will survive a dose of this solution. Powdered alum or borax, sprinkled upon wherever ants are troublesome, will effectually relieve. Insect powder sprinkled around will keep away all kinds of insects.

How to Exterminate Red Ants.—Grease a plate with lard, and set it where the insects abound. They prefer lard to anything else, and will forsake sugar for it. Place a few sticks around the plate for the ants to climb up on. Occasionally turn the plate bottom up over the fire, and the ants will fall in with the melting lard. Reset the plate, and in a short time you will catch them all.

Bad Lamp Wick.—The unsatisfactory light trequently given by kerosene lamps is often due to the wick. The filtering of several quarts of oil through a wick which holds every particle of dirt in it, must necessarily gradually obstruct the pores of the wick. Consequently, although a wick may be long enough to last some time, its conducting power may be so impaired that good light cannot be obtained. The only remedy is a new wick. Burners are often thrown aside as worthless, on account of the difficulty of raising and lowering the wick, when the fault is almost invariably with the wick.

Baking Powder.—4 ozs. tartaric acid, 6 ozs. bicarbonate of soda, 1 lb. of rice-flour; crush the tartaric acid, mix all ingredients, and sieve three times.

Banana Stains.—Silk and woollen goods stained by juice of fruits or red wine may be restored by holding them over the vapour of burning sulphur, and washing them carefully immediately afterwards.

To Destroy Bed Bugs, Moths, Vermin, &c.—Make a strong solution of alum dissolved in hot water. Apply to crevices with brush. It is sure destruction, and leaves no unpleasant traces behind. Wet the edges of carpets (that are moth-infested) with the solution, and it will be found effective.

Bed Bugs.—Rub the bedsteads in the joints with equal parts of spirits of turpentine and kerosene oil, and the cracks of the surbase in the rooms where there are many. Filling up all the cracks with hard soap is an excellent remedy. September and October are the months when bedsteads should be examined to kill all the eggs.

To Whiten Bedroom Floors.—When washing a wooden floor put two tablespoonfuls of paraffin oil into clean soapy water, as hot as you can bear your hands in. It will also destroy insects and drive way moths.

Beds, Making.—Every person should be instructed that, immediately upon rising, the top bedclothes should be thrown back, and let the air come to the bottom sheet. Everything should be shaken, and turned over, window opened at top and bottom. Beds should be thoroughly brushed once a week.

To Restore Black Crape.—Black crape can be perfectly restored by holding over the steam of a boiling kettle.

Borax, Use of.—A teaspoonful of powdered borax sprinkled over a closet or kitchen shelf before it is covered with paper will prevent vermin from gathering between the shelf and the paper. A teaspoonful of borax added to cold starch gives linen an added gloss and stiffness.

Borax as a Vermin Killer.—When sprinkled in the form of powder on places infested with insects, black beetles, &c., these troublesome pests will soon disappear.

To Seal Bottles.—Three parts resin, 1 part caustic soda, 5 parts water. Mix this with half its weight plaster of Paris. Use it all within half an hour, as it sets hard in 45 minutes.

To Clean Brass Frames.—One cupful of vinegar and alf a cup of salt, and very little labour.

Clean a Brass Kettle before using it with salt and vinegar.

Bugs.—I have tried various remedies, all to no purpose, until I got from a chemist Quibell's wash for horses, dogs, poultry, &c. I applied a strong solution of this to the floors, skirting, spring mattrasses, bedsteads, &c., and am thankful to say have not found a trace of the pests since. It is an excellent disinfectant, and has a tarry smell.

Butter, to Keep Cool.—Take an ordinary garden flowerpot and place it over the butter, then wrap a wet cloth so as to cover the pot, and place a layer of salt on the top. Scrub the pot thoroughly every day, and wet the cloth afresh.

Candle Grease on Clothes should be scraped off with a blunt knife and then a hot iron held lightly over it with with a piece of blotting paper between it and the stuff Move the paper constantly till all the grease is taken up.

Cane-Chair Seats, to Restore the Elasticity.—Turn up the seat and with very hot water and some common salt wash, with a sponge, the cane work so that it may be thoroughly soaked; if dirty use a little soap. Dry in the air, and it will be as new.

Carpets, to Renovate.—Carpets may be greatly brightened by first sweeping thoroughly, and then going over them with a clean cloth and clear salt and water—one cupful of salt to a large basin of water.

Beat a Carpet on the wrong side first, and then more gently on the right side. Beware of using sticks with sharp points.

Cleaning Carpet.—Dry flour rubbed on a carpet and allowed to remain on for some hours will absorb grease and oil.

To Clean Carpets.—Shake and beat the carpets well; lay them upon the floor and tack them firmly; then with a clean flannel wash them over with one quart of bullock's gall mixed with three quarts of soft, cold water, and rub it off with a clean flannel or house-cloth. Any particularly dirty spot should be rubbed with pure gall. Carpets cleansed in this way look bright and fresh.

Chaff or Paper Pillows.—Dry oat chaff or white printing paper, cut fine, makes excellent pillows for infants and sick people. They are soft, cool, and healthy, which cannot always be said of feather pillows.

To Protect Cheese from Mould.—As mouldiness spoils the appearance and flavour of the cheese, it is advisable to rub the cut part over with butter, and cover it completely with white paper before putting on to a dry cheese dish.

Chimney on Fire.—Throw into the stove, or upon the coals in the fire-place, a handful of salt or sulphur. Close the stove-draught, or hold a board or blanket before the fire-place.

China Stains.—Damp salt will remove stains from china.

Cleaning Boards.—To improve the colour of boards, scrub them with slaked lime and white sand in the proportion of one part of lime to three of sand. This will make the boards beautifully white.

Cleaning Gent.'s Clothes.—Make Fuller's earth into a medium paste with water, then cover the clothes all over with it. When quite dry brush off, and you will find that they will be equal in appearance to new. If light material, brush and rub well with clean cloth, after which rub with prepared chalk thickly, and leave them with the chalk to work in. Hang them out in the open air for two days, then brush them well, and rub lightly with a clean cloth and press well. For dark garments, use ammonia diluted with water, dry well, and press.

Clothes Closets that have become infested with moths should be well rubbed with a strong decoction of tobacco, and repeatedly sprinkled with spirits of camphor.

Cockroaches.—Sprinkle parts infested with borax, mixed with sugar.

Cockroaches.—Place nightly in the places where the cockroaches most frequent a fair-sized receptacle (such as an old jug), lightly smearing the inside for about a third the distance down with fat (common dripping preferred), and, placing a piece of bread at the bottom; in the morning it will be found that the pests are in abundance ready for scalding and the house soon cleared.

Coffee Stains, to Remove.—To remove coffee or milk stains from silk or woollen or other fabrics, paint over with glycerine, then wash with a clean linen rag dipped in luke-warm rain water until clean. Afterwards press on the wrong side with warm iron as long as it seems damp. Delicate colours are unaffected by this treatment.

Colours Faded.—Hartshorn will usually restore colours that have been taken out by acid.

To Clean Combs.—If it can be avoided, never wash combs, as the water often makes the teeth split, and the horn, if wet, often becomes rough. A small brush can be bought made purposely for cleaning combs; with this the comb should be well brushed, and afterwards wiped with a cloth.

To Clean Copper.—Half a lemon dipped in salt cleans copper beautifully, and a lemon from which most of the juice has been squeezed does just as well as a freshly-cut one. Rinse the copper in clean hot water afterwards; dry and polish with a clean soft cloth.

A Cracked Egg.—When boiling a cracked egg put a teaspoonful of salt into the water, and you will find it cooks without any of the white part leaving the shell.

Removing Crust from Glass.—Glass vessels used for flowers, &c., receive an unsightly crust, hard to remove by scouring. The best method is to use a little dilute spirits of salts, which will soon loosen it.

Carpets, Care of.—Carpets in rooms which are seldom used are apt to be attacked by moths. Salt sprinkled round the edges and well under the carpet before it is put down will generally prevent their ravages. Plenty of light and air should be admitted into the rooms, as moths favour close, dark places.

Damp Closets.—For a damp closet or cupboard, which is liable to cause mildew, place in it a saucerful of quicklime, and it will not only absorb all apparent dampness, but sweeten and disinfect the space. Renew the lime once a fortnight; if the place be very damp, renew it as often as it becomes slaked. Lime may be used in the same way for water-closets and outbuildings.

Decanters, to Clean.—Wet and well soap brown paper rolled into small pieces, place them into the decanter with about a pint of warm water. Shake the decanter well, rinse with clean cold water, and place it to drain.

Decanter Stoppers when fixed, may be loosened by putting sweet oil round the stopper, and placing it near the fire to warm. Gently tap with some light substance, such as wood.

Discoloured Boards, to Whiten.—Dissolve a little oxalic acid in about half a pint of boiling water, let it get cold. When scrubbing tables, &c., sprinkle a little of this solution on to the boards from a phial bottle.

Disinfectant.—(1) Chloride of lime should be scattered at least once a week under sinks, and wherever sewer gas is likely to penetrate. (2) Mix with clean water a small quantity of charcoal, and throw down the sink. It will prove an effective disinfectant.

Door Creaking.—Rub a piece of soap on the hinges or oil them.

Dustbins, to Keep Healthy.—Never put anything inside

vour dustbin, except dust or ashes. Burn all refuse matter. We have seen people put in potato peelings, pea shells, tea leaves, fish bones, &c. No wonder diseases come!

Egg-Stains.—To remove egg-stains from spoons rub with common salt.

To Test Eggs.—If held up to the light these should look perfectly clear. If they are cloudy-looking or have dark specks they are stale. The shells should be dull-looking. Shiny and mottled-looking ones are not in their first youth.

To Clean Electroplate.—Put into a gallon of boiling water two handsful of whiting and a piece of soap the size of a walnut. Put spoons, forks, cruets, &c., into this, and let them remain for a few minutes. Take them out and wipe each article with a towel; then polish with a chamois leather dipped in whiting (dry).

Extinguishing Burning Oil.—It should be universally known that sand or flour scattered over burning oil will extinguish it. Every household in which lamps are used should have a small box filled with sand in some convenient corner, ready for all emergencies. It has the great advantage over flour in being heavy, and not easily affected by draughts or currents of air.

Flannelette, to Make Non-Inflammable.—Soak the fabric in, or rinse out of a solution of alum and water.

Fleas.—Spirits of turpentine in water, when the rooms are scoured, will exterminate fleas. They are always troublesome where there is sandy soil.

Flies and Mosquitoes.—Twenty drops of carbolic acid evaporated from a hot shovel will go far to banish flies from a room, while a bit of camphor gum, the size of a walnut, held over a lamp until consumed, will do the same for the mosquito.

To Get Rid of Flies.—Take half a teaspoonful of black pepper (in powder), one teaspoonful of brown sugar, and one teaspoonful of cream. Mix well together and place on plate in the room where they are troublesome, and they will soon disappear.

Floor Stains.—Pipeclay and water, mixed to a stiff paste and laid on the stained portions, will remove oil from a floor.

To Clean Floor Oil-cloths.—Sweep, then wipe them with a flannel; and when all dust and spots are removed, rub with a waxed flannel, and then with a dry plain one; use but little wax, and rub only enough with the latter to give a little smoothness, or it may endanger your falling. Washing now and then with milk after the above sweeping, and dry-rubbing them, gives as beautiful a look, and they are less slippery. An oil-cloth should never be scrubbed with a brush; but, after being first swept, it should be cleaned by washing with a large soft cloth and lukewarm or cold water. On no account use soap, or take water that is hot; as either of them will certainly bring off the paint.

To Remove Fly Spots.—Dip a camel-hair brush into spirits of wine, and apply it to remove fly spots.

Fuller's Earth.—Is invaluable for taking out stains of almost any kind. It should be used wet, and spread like a paste, and then, when quite dry, should be brushed off, when it will leave the material clean.

Scratches on Furniture.—May be removed by rubbing it with a woollen rag dipped in boiled linseed oil. The varnishing may then be done with shellac dissolved in alcohol. It always makes the furniture look fresh.

Removing Scratches on Furniture.—White spots or scratches on furniture may be removed by rubbing over the places with a kerosene rag, but it must be wiped off well. Dull varnish is brightened by rubbing lightly over with a flannel that has been wetted with alcohol.

Furniture Polish.—Equal parts vinegar, linseed oil, methylated spirits. Put on with flannel and polish off with soft cloth, when a brilliant surface will be obtained.

Furniture, to Clean.—First rub with cotton waste, dipped in boiled linseed oil; then rub clean and dry with a soft flannel cloth. Care should be taken that the oil is all removed.

To Clean Furs of Any Kind.—Put some bran into a pot and heat it on the stove or in the oven with constant stirring until as hot as the hand can bear it. The bran is

then spread over the fur and well rubbed in. After this the fur is either brushed or shaken until all the bran is removed. The fur then resumes its natural lustre and appears quite new.

Furniture Paste.—½ pint turpentine, 10 ozs. beeswax, 2 ozs. amber resin; put in a warm place until all are dissolved, when it is ready for use. To use, place a small quantity upon a cloth, rub the article with this, cleaning off briskly with a soft (not fluffy) rag.

How to Tell Good Furs.—When examining skins for making up, or when purchasing fur garments, a good test as to quality is to blow briskly against the incline or set of the fur. If the fibres open readily, exposing the skin to view, reject the article; but if the down is so dense that the breath cannot penetrate it, or at most shows but a small portion of the skin, the article may be accepted.

Gas, Escape of.—If you find there is an escape of gas you can stop it till a plumber can be sent for by stopping the hole with soap mixed with whiting. This will also do in case of water leakage in a pipe.

Gilt Frames, to Clean.—Gilt frames may be cleaned by simply washing them with a small sponge moistened with hot spirits of wine or oil of turpentine, the sponge only to be sufficiently wet to take off the dirt, and fly marks. They should not afterwards be wiped, but left to dry by themselves.

To Clean Gilt Frames.—When the gilt frames of pictures or looking-glasses, or the gilt mouldings of rooms have specks of dirt upon them, from flies or other causes, they can be cleaned with the white of an egg gently rubbed on with a camel-hair pencil.

Simple Mode of Toughening Glass.—Put into a pot filled with cold water, to which some common table salt has been added. The water is well boiled over a fire, and then allowed to cool slowly. When the articles are taken out and washed, they will be found to resist afterwards any sudden changes of temperature.

Glasses and Milk.—Glasses that are used for milk should be rinsed thoroughly in cold water before they are washed. Hot water drives the milk into the glass.

To Remove Grease.—Aqua ammonia 2 oz., 1 quart soft water, 1 teaspoonful saltpetre, 1 oz. shaving soap in shavings. Mix all together, dissolve the soap well; grease or dirt that cannot be removed by this preparation will not be removed by any other.

Grease Spots.—To remove grease spots, thoroughly saturate with turpentine, place a soft blotting-paper beneath, and another on top of the spot, and press it hard. The fat is dissolved, then absorbed by the paper, and entirely removed from the cloth.

Grease Stains on Boards.—May be removed by an application of powdered Fuller's earth, dipped in boiled water, and made into a thick paste, and applied by means of a piece of coarse flannel. Leave for 24 hours, then wash off with boiling water.

Grease Out of Boards.—¼ lb. caustic soda, 1 gallon hot water. To use make a small mop, and keep the parts wet for one hour; allow to dry, and scrub with cold water; no soap, and the spots will disappear. Do not let it touch the hands.

To Take Grease Out of Carpets.—Cover the grease spot with whiting, and let it remain until it becomes saturated with the grease; then scrape it off and cover with another coat of whiting, and if this does not remove the grease repeat the application. Three coats of whiting will in most cases remove the grease, when it should be brushed off with a clothes brush. If the whiting is not at hand put on plenty of flour and do it as soon as possible. Put flour on the floor under the oil spot. Next day brush up all the flour from the carpet and floor with a stiff brush, and put on fresh flour. It will seldom need it a third time.

For Grease Spots on Matting.—Make a thin paste with Fuller's earth and water, spread quickly over the spots, cover with a plate a few minutes, when the spots will disappear.

To Clean Hair Brushes.—Spirits of ammonia is the best thing to clean hair brushes with, as it does not soften the bristles like soap and soda. If a teaspoonful of ammonia is mixed with a quart of water, the brush need only be

dipped in the solution for a moment and all grease is removed. The brush should then be rinsed in cold water, shaken well and dried in the air, but not in the sun.

To Clean Hair Brushes.—Wash in borax water. Do not wet the frame. Rinse and hang up to dry by a string tied to the handle. Water with a teaspoonful of ammonia in is still better. Rinse and hang up.

To Blacken Hearths.—Mix black lead and whites of eggs well beaten together; with a painter's brush wet the hearth thoroughly all over; then rub it bright with a hard brush.

Ink Stains on Tablecloths.—May be removed by wetting the spot with milk and then rubbing with common salt. Should this fail, moisten the spots with boiling water and rub on salts of lemon with a small bone spoon. Rinse at once in cold water.

To Remove Fresh Ink from a Carpet.—As soon as the ink has been spilled, take up as much as you can with a spoon, and then pour on cold water repeatedly, still taking up the liquid with the spoon. Next, rub the place with a little wet oxalic acid or salt of sorrel, and wash it off immediately with cold water. Then rub on some hartshorn.

Ink Stains, to Remove.—Ink stains may be removed from furniture by applying a solution of nitre and water. If ink is spilt on fabrics, diluted oxalic or salts of lemon will take it out, but care must be taken in handling the former, as it will destroy the material if applied too strong. Some ink stains can be removed by soaking them at once in sweet skimmed milk. This should be changed frequently, or the colouring matter will settle into the adjacent parts, and thus spread the stains.

To Remove Ink Stains from Furniture.—Place lemon-juice on the ink spots, and rub them well with the tip of the finger, wipe off with a cloth, and then apply more lemon juice if necessary. If continued for a little time, the stains will disappear entirely.

Insects, to Destroy.—One of the simplest and most efficacious modes of ridding houses is to simply wash the place infested with bugs and other insects with paraffin.

Iron Mould, to Remove.—Rub the iron-mould part with a little oxalic acid, or salts of lemon, dissolved in warm water. After remaining ten minutes, rinse well in warm water and then in cold water, or apply a mixture of milk and salts.

Iron Stains.—These may be removed with juice of lemon, or of sorrel leaves; but if these fail, moisten the stain spots with water and rub on a little powdered oxalic acid. Wash the acid off thoroughly soon after it is put on, or it will eat the cloth. Also, wash it from your hands, and keep it away from children, for it is poisonous in the mouth. Inkstains may be taken out in this way. Acids had better be used only on white goods.

Iron Rust and Ink Stains.—Rub lemon juice on the stain, then cover it with salt and lay the articles in the sun. If necessary, repeat the process two or three times. Spots from most kinds of ink are similarly taken out. Vinegar will sometimes do it.

To Mend Iron Pots.—Mix finely-sifted lime with some white of an egg, till a thin kind of paste is formed, then add some iron filings. Apply this to the fracture, and the vessel will be found nearly as sound as ever.

To Preserve Iron, Steel, or Copper, from Rust.—To a proportion of four-fifths rectified spirits of turpentine, add one-fifth of oil varnish; rub the mixture over the metal with a sponge; it will preserve the brilliancy of the metal, and entirely prevent rust.

Japanned Trays, to Clean.—They must not be touched with hot or cold water, as the varnished surface is liable to crack and wrinkle. When the trays begin to look dull, they should be gently rubbed over with a little olive oil, and then polished with a fresh piece of clean flannel

Kerosene Oil has caused many a fire and the loss of many lives. Always use the best oil you can get; fill your lamps only by daylight, and never fill a lighted lamp; keep your can of oil away from lights and fires, and, consequently, never pour oil on a fire nor use oil for kindling; never turn the wick far down; and always see that you place your lamp so that it may not fall or be overset. Lamps to be carried should be small, easy to grasp,

and, preferably, of metal. If an accident happens, use any heavy rug or article of clothing to cover the flame quickly and completely.

Kerosene for Preventing Rust.—Kerosene applied by means of a moistened cloth to stoves, it is said, will effectually keep them from rusting. It is also an excellent material to apply to all iron utensils used about the premises.

To Keep Steel Knives and Fire Irons from Rusting.—Before putting them away dip into a strong solution of soda, wipe dry, roll in flannel, and keep in a dry place. This prevents them rusting.

Care of Knives and Forks.—Rub a drop of oil on your knives and forks before putting away, and they will retain their brightness and be free from rust.

Fixing Handles on Table Knives.—Fill the hole in the handle with equal parts of powdered resin and shellac, heat and tang in, press it into the hole. This will melt the powder, which, when cool, makes a firm fixture.

To Clean Rusty Table Knives.—Where the knives have got rusty by neglect, rub the blades over thoroughly with sweet oil; allow this to remain as long as possible, a day or so at least, then rub the steel with finely powdered, unslaked lime or pumice stone. To keep them from rusting when not in daily use dry them thoroughly and roll up in a flannel cloth, and keep them in a dry place.

Lamp Glasses.—To prevent cracking, the water in which these are to be boiled, after placing in cold, must be strongly impregnated with salt, and then allowed to cool gradually.

Dip Lamp Wicks.—In strong hot vinegar and then dry them, and it will do away with most of the disagreeable smell.

To Clean Leather.—Uncoloured leather may be cleaned by applying a solution of oxalic acid with a sponge. Dissolve in hot water.

To Revive Leather.—Chairs and sofas upholstered with leather will last much longer and retain a very much better appearance if the leather is regularly revived with the following mixture, for it cleans the leather and at the same

time softens it, and prevents its cracking: Take one part of best vinegar, and two parts of boiled linseed oil, and shake thoroughly together. Apply a little on a soft rag, and afterwards polish with a silk duster, or an old chamois leather.

Lime Water.—Put into an earthen vessel holding a gallon of water, a piece of unslacked lime as large as your closed hand; after stirring let the mixture settle, and then pour off the clear liquor as required. Lime water is useful in cases of burns, scalds, &c.

Polishing Wax for Lineleums.—4 ounces beeswax, 2 ounces spermaceti, scrape down wax and spermaceti and flat with turpentine. Allow to dissolve very slowly, and add a breakfast cup full of soap (lathered). Allow to cool before using.

Linen Stains, Ironmould.—Linen should be wetted and laid on a hot water plate, and a little essential oil of lemon put on the part.

Linen Stains, Wine and Fruit.—Rub the part on each side with yellow soap. They lay on a mixture of starch in cold water very thick, rub it well in, and expose the linen well to the sun and air still the stain disappears. If the stain does not disappear in three or four days repeat the process, after rubbing off previous trial.

Linen.—To remove stains from, wet the part stained, and lay it on some salt of wormwood; then rub without diluting it with more water.

Malt Bread.—3 cups digestive meal, 2 teaspoonfuls baking powder, pinch of salt, one tablespoonful maltine; mix very light, grease tin well, and bake one hour in moderate oven.

Marble Basin.—A little pulverised chalk moistened with ammonia and applied with a brush will remove the mark caused by the dripping of faucet in a marble basin. An old tooth brush is a good thing to use for this purpose.

Marble.—To clean, take two parts of common soda, 1 part of pumice stone, and 1 part of finely powdered chalk; sift it through a fine sieve, and mix it with water; then rub it well over the marble, and the stains will be removed; wash with salt and water.

Charcoal for Table Knives.—Powdered charcoal is a good thing to use in scouring knives and forks, as it will not wear them out nearly so fast as brick dust, which is most commonly used.

Smoke-Stained Lamp Glasses.—Lamp glasses that have been badly stained by smoke may be cleaned by rubbing them with common salt.

To Prevent the Smoking of a Lamp.—Soak wick in strong vinegar, and dry well before using; the flame will burn clear and bright.

Care of Lamps.—It is necessary to wash and boil the burners of lamps more than once a year if they have been rightly cared for. Keep a small, stiff brush (an old tooth brush will do), and when cleaning the lamps brush the burners with this, wiping afterwards with a soft flannel cloth. This will keep them bright and free from dust. To trim the wick, turn it up, and, holding the burner so that the charred portions will not drop on it, simply brush it off, thus allowing it to trim itself. It is almost impossible to trim a wick evenly with scissors. To polish metal lamps, rub them with a soft cloth, on which has been poured a few drops of kerosene. To polish the chimneys, saturate a small cloth with a little alcohol, and wash off the grime and smoke inside. Wash the brushes and cloths used in the care of lamps often.

Cleaning Lamp Chimneys.—Newspapers are the best things for cleaning chimneys. When filling the lamp, drop the least kerosene on a piece, then rub the chimney until it shines.

To Remove the Marks Left on a Table by Heat.—If a whitish mark is left on a table by carelessly setting on it a pitcher of boiling water, or a hot dish, pour some lamp oil on the spot, and rub it hard with a soft cloth. Then pour on a little spirits of wine or Cologne water, and rub it dry with another soft cloth. The white mark will thus disappear and the table look as well as ever.

Meat, to Keep Fresh for a Week.—Meat can be kept for a week or two, by putting it in sour milk or buttermilk, placing it in a cool cellar. The bone or fat need not be removed. Rinse well when used.

To Remove Mildew or Stains from Linen.—Take your clo'' when dry, wet thoroughly with soft soap and salt mixed. Chalk or starch scraped to a powder may be used instead of salt. Lay out to bleach. If one operation does not answer two will, and the linen will be clear and clean as ever.

Mildew Stains.—(1) Butter milk will remove mildew stains. (2) To remove mildew stir ¼ lb. of chloride of lime in a gallon of cold water; after setting an hour, pour off the clean liquid and soak the mildewed cotton or linen in it for two hours, wash well, and expose to the sun. It works like a charm.

To Remove Mildew from Clothes.—Mix soft soap with powdered starch, half as much salt, and the juice of a lemon; lay it on the part with a brush, then lay the article on the grass day and night till the stain comes out.

Milk, Prevention from Turning Sour.—Mix a little sub-carbonate of potash or soda with milk.

To Clean Looking Glasses.—Remove the fly-stains, and other soils by a damp rag, then polish with woollen cloth and powdered blue. Or, take a piece of clean sponge, well washed out in water, and dip it into spirits of wine, rub it rapidly over the glass, dust over it powdered blue, or the finest sifted whiting, rub off with a clean linen cloth, and polish with soft leather, or an old silk handkerchief.

Moths.—Before woollen clothes or furs are put away for the summer they should be well aired in the hot sun, then sprinkled with gum camphor and sewed up in linen. This is a sure protection against moths.

Moths in Carpets.—Moths can be successfully removed from carpets in the following manner: Wring a coarse towel out of clean water, spread it smoothly on the carpet, iron it dry with a good hot iron, repeating the operation wherever the moths are supposed to be. No need to press hard, and the colour of the carpet will not be injured, as the moths are destroyed by the heat and steam.

Polish for Furniture is greatly improved if a little vinegar be added to it, as it removes the dead, oily look so often noticeable on clean furniture. In polishing always

use very clean cloths and polish the way of the grain; for carved furniture, a polishing brush is necessary.

How to Remove Oil or Grease from Carpets.—Lay a piece of blotting paper over the spot, and set a flat iron on top, the iron just hot enough not to scorch. Change the paper as often as it becomes greasy. After most of the oil has been extracted, apply whiting; leave it on for a day or two, then brush off, and the spot will have disappeared.

To Wash Oilcloth.—Take milk and water, never use soapsuds, as it dulls the colours, rub over with a mixture of half beeswax melted, and while warm stirred into a saucer of turpentine. Apply with a flannel cloth and polish with a dry flannel, or wash over as above and oil with sweet oil and butter polish.

Oil Paintings, to Clean.—Wash with a sponge and water, cover over with shaving soap for ten minutes. Wash the soap off with a brush and let dry, then rub with a linen cloth dipped in nitro-benzine. The picture will now be clean but dull, wipe over with olive oil, then give a coat of fine clear varnish.

A Slice of Potato will clean oil-paintings without injury. Dipped in baking-soda it will brighten silver.

To Grate an Orange or Lemon.—Take the fresh fruit and rub it with lumps of sugar till all the yellow surface is removed. If sugar is not needed in the dish, make the grater very clean and grate the fruit on it. If you dried the fruit, you would find it very difficult to grate. The peeled rinds of lemons and oranges may be dried in the oven and then pounded in a mortar for flavouring.

To Clean Paint.—Mix common whiting to the consistency of common paste in warm water. Rub the surface to be cleaned quite briskly with a piece of flannel dipped in the whiting, and wash off with pure cold water. Grease spots, &c., will be removed without injury to the paint.

Paint, to Remove Spots of.—Apply spirits of turpentine to the spot, and after a while rub the cloth as if washing, and the paint will crumble off; if not, apply the turpentine again.

Paint, Stains on Glass.—May be removed by rubbing

with vinegar; if one application is not successful, a second will take away the stain.

Paint, Finger-Marks On.—May be easily removed by rubbing them with ammonia.

An Excellent Paint Wash.—Dissolve two tablespoonfuls of soft soap, and two of washing soda in half a pail of water. Fill up with water, and add two tablespoonfuls of turpentine. Wash well with a flannel, wipe dry with a linen cloth, then rub with a wash-leather. This solution leaves an excellent polish on any paint.

To Remove Paint from Windows.—½ lb. of concentrated soda and ½ lb. of soda ash. Mix in half a bucket of water hot, and rub till the paint disappears. Or, if spots are not extra large, they may be removed by dipping a penny in water and scraping them with it.

To Clean Papered Walls.—All the dust must first be blown from the walls with the bellows. Then divide a loaf of very stale white bread into eight pieces; take the crust in your hand, and, beginning at the top of the paper, wipe not cross nor go upwards. The dirt of the paper and the it downwards in the lightest manner with the crumb. Do crumbs will fall together. Observe, you must not wipe above half a yard at a stroke, and after doing all the upper part go round again, beginning a little above where you left off. If you do not do it very lightly, you will make the dirt adhere to the paper.

Piano Polish.—1 oz. beeswax, 1 oz. white ditto, 1 oz. castile soap, small piece of resin. Cut into small pieces and put into jar, then add cup of cold water; place jar in saucepan of cold water, and boil until the ingredients are quite dissolved. Stir occasionally. Remove from the fire and pour in by degrees one pint of turpentine and stir well, when it will become a thickish cream. When cold it is fit for use.

Plate Powder.—May be made of equal parts of cream of tartar, common salt and alum. Mix these ingredients thoroughly. A little of this powder, added to the water in which plate is washed, gives it a shiny whiteness.

To Clean Picture Frames.—Black walnut frames will become dull and rusty looking. They may be renewed by

first brushing thoroughly with a stiff brush to remove dust, and then applying linseed oil with a proper brush, or with a piece of new bleached muslin.

Keeping Flies from Picture Frames.—Boil three or four onions, strain, and with a soft brush go over the frames with the liquor. It will do no injury to the frames.

To Clean Porcelain.—A very good material for cleaning either porcelain or glassware is Fuller's earth, but it must be beaten into a fine powder and carefully cleared from all rough or hard particles. If hard particles are left in they will endanger the polish of the brilliant surface.

To Cleanse Plaster of Paris Figures.—Use toilet soap-suds and a shaving brush; rinse well. Dipping them in a strong solution of alum water will give them the appearance of alabaster.

Use for Pumice Stone.—Pumice stone in lump is excellent for scouring wood in finishing work; for domestic scouring, for reducing corns on the feet, and in powder, it is the best material for scouring down varnish, and no one need have rough and dirty or stained hands, who will use it when required.

Railings of Balusters, to Clean.—Wash off the dirt with soap and water, and when dry, rub with two parts of linseed oil and one of turpentine.

Rats, Bait for.—Set the trap and sprinkle a few drops of oil of rhodium upon a piece of bread or other food. This bait is very attractive.

Respecting the Gas.—The roaring or hissing sound of a gas-jet indicates there is too much pressure at the burners. This may, to a great extent, be remedied by partly closing the main stop-cock near the gas-meter. I always keep my gas three-quarters turned on at the meter, as it gives sufficient light and saves waste.

Rush Matting.—Should be washed with clean soft water and salt, in order to prevent it turning yellow.

To Remove Rust from Knives.—Cover the knives with sweet oil, well rubbed on, and after two days take a lump of fresh lime and rub till all the rust disappears. It forms a sort of soap with the oil, which carries off all the rust.

An Antidote to Salt.—Brown sugar is an antidote to salt. Should you by accident make soup or gravy too salt, add one teaspoonful of brown sugar, and the briny taste will disappear.

To Prevent Table Salt from Going Lumpy.—After powdering and sieving the salt, to every pound is added 3 ozs. of ordinary cornflour—wheat flour will do, but is not so good. The product is very nice, keeps dry, and is hardly to be distinguished in appearance from "Cerebos."

Sewing Hints.—Always use double thread for gathering. Always use as fine a thread and needle as the garment will allow. When threading your needle make the knot on the end broken from the reel. The rule for frilling is one and a quarter the length of the edge to be trimmed. In facing a sleeve, turn it, and place the facing inside the sleeve before sewing it on. Gathers should always be set on the right side, but never with a needle; use a large pin. When sewing on a button, place the knot on the right side of the cloth directly under the button. In sewing a seam, put the stitches closely together, but lightly, into the cloth, being careful not to pull the thread tight, as this causes the seam to draw.

Sewing Machine, to Clean.—Take out the screw that holds the foot-plate, remove it, and you will be surprised at the amount of fluff accumulated there. Clean the little grooves and under the whole of the plate with a penknife—the needle must be taken out before the work is begun. It will often be found that this is the only cause for the machines runnning hard and not carrying the work.

To Give Lustre to Silver.—Dissolve a quantity of alum in water, so as to make a pretty strong brine, which must be skimmed very carefully; add some soap to it, and when you wish to use it, dip in it a piece of linen rag, and rub over the plate.

A Simple and Quick Way of Cleaning Silver.—Take a small tin bath and sprinkle over the bottom of it a large handful of powdered whiting, pour boiling water on it, and dissolve in the water a small piece of common yellow soap. Dip the articles to be cleaned in this mixture, and with a little mop thoroughly rub the mixture on. Take each piece of silver and dry well, then polish with a chamois leather, when it will look like new.

Silverfish.—Turpentine sprinkled about the cracks and crevices occasionally will drive them away; in putting away clothing, place rags sprinkled with the turps between the goods.

To Purify Sinks and Drains.—To 1 lb. of common copperas add 1 gallon of boiling water, and use when dissolved. The copperas is deadly poison, and should always be carefully labelled if kept on hand. This is one of the best possible cleansers of pipes and drains.

To Cure Smoking Lamps.—Take off the burner, set it in a saucepan, cover with hot water, add a little soda, and some soap cut small. Let all boil, then add fresh soda water and boil again. Rinse in plenty of hot soda water and set on a piece of paper over the stove to thoroughly dry. The oil vessel should also be emptied, washed, and dried. Set all together properly, put in a new piece of wick, and see that the lamp glass fits down tightly. With a lamp wick trimmed carefully, and the above precautions taken, a smoky lamp will be a stranger in any household.

Stove Blacking.—A tablespoonful of sugar to the stove blacking will add a very material lustre to the stove.

Soot, to Remove from Carpet.—When soot falls on a carpet or rug, never attempt to sweep it up at once, for the result is sure to be a disfiguring stain. Cover it thickly with well-dried kitchen salt, and then sweep it up. In this way all damage to the carpet is prevented.

To Clean Sponges.—Place a pennyworth of salts of lemon in a quart of boiling water, and soak the sponge in it. After an hour, rinse thoroughly in warm water; or drop the sponge into water in which a large lump of soda has been dissolved, afterwards boiling slowly; rinse in cold water, then give a sun bath until entirely dry. Always rinse all soapy water from sponge.

To Clean a Stove.—In the cleaning of a stove, to use a little soap will lighten the labour. Wet a flannel cloth and rub it over a piece of soap; then dip the cloth into the stove-polish and rub over the stove; finish with a dry cloth or brush. The polish will last much longer than if it had been used without the soap.

To Remove Tar from Clothing.—With a piece of clean flannel make successive applications of turpentine, coal tar, naphtha, and benzine. If the stains are very old, they should be rubbed with a flannel dipped in salad oil. This softens the tar, which will afterwards yield to the other treatment.

Tarnished Electro-Plate.—Will become clean if washed in hot water with a little ammonia and yellow soap. Then cover with a good plate powder wetted with methylated spirit. Let this dry on and then brush off; if necessary repeat the application ,and polish in the usual way. If the stains do not come out with two or three cleanings, wet the plate powder with a little ammonia and let it dry in before polishing.

To Remove Tea Stains from Linen.—Dissolve 2 ozs. of chloride of lime and 2 ozs. of washing soda in 3 pints of boiling water; bottle this, and keep it ready for use. Dip the stains into this, and then wash out. When the tea stains are first made, they should be put to soak in warm water or milk and water.

Properly Infused Tea.—Use freshly-boiled water and pour on the leaves as soon as it boils. Water over-boiled becomes sodden, and spoils good tea. Allow six minutes to infuse, then pour off into another vessel previously warmed, in order that the leaves may not soak and impart a bitter taste.

To Polish Tins.—Brown paper moistened in vinegar will polish your tins until they shine like silver.

To Mend Tin Ware.—It may be done with putty. It is very easily applied, and it is much better than to throw articles away. Put it on the outside; let it thoroughly dry, and you will never have to mend that place again.

Umbrellas, to Preserve.—Put umbrellas in the rack to dry with the handles down, that the water may not run down and rust the wires.

Useful Hints.—Salt will curdle new milk—hence, in preparing milk porridge, gravies, &c., the salt should not be added until the dish is prepared. To prevent milk from running over when it comes to a boil, put a spoon in. A stew boiled is a stew spoiled. A spoonful of vinegar put

into the water into which meat or fowls are boiled makes them tender. The liquor in which a joint of meat has been boiled should never be thrown away. Salt meat should go into cold water and be brought slowly to the boil. Baked meats should start in a hot oven. Never pour hot water over roast beef for gravy. The water kills the flavour of the beef.

To Restore Velvet.—Where velvet has been crushed, hold the wrong side over a basin of quite boiling water, and the pile will gradually rise. Do not lose patience, for it takes a considerable time, but the result is marvellous.

Velvet, Pile on.—Cover a hot iron with a wet cloth, and hold the velvet over it. Brush it quickly while damp.

Walls, to Dry Damp.—The most effectual method is by letting them evaporate the water into the air. This is best accomplished by heating all the chimneys and stoves, and a constant ventilation of all the rooms until the necessary degree of dryness is obtained.

Freshening Wall Paper.—Rub briskly and well with cotton, flannel, or flannelette, using a fresh piece as the old becomes dirty; rub alway either vertically or horizontally, and do not cross the rubs.

Water Bottles, to Clean.—Either potato peelings, shot, or tea leaves are good for cleaning the inside of water bottles or decanters.

To Clean Water-Bottles.—Water-bottles, ewers, &c., should occasionally be filled with a dilute solution of permanganate of potassium, allowed to stand for an hour, and then washed and used.

To Mend a Water Pot.—When a water pot rusts through where the sides join the bottom, it is not necessary to throw it away, as the holes may be effectually stopped without going to the tinker's, by covering them inside with small piece of linen dipped in copal varnish, the tin being previously thoroughly dried. When the varnish hardens by drying, they are perfectly water-tight.

To Remove White Stains from Furniture.—Have ready three pieces of woollen cloth, with one well dipped in lamp oil (or if that is not convenient linseed oil), rub the spot briskly, wet the second with alcohol and apply to oily

surface, rubbing quickly, as too much alcohol will destroy the varnish, and finally polish with the third cloth, moistened with oil or furniture polish.

To Clean White Wood Tables.—Scrub with silver sand, and never use soap or soda when cleaning them.

Window, Rattle of.—A thin wedge of wood inserted between the sash and frame will stop this simple, yet exasperating annoyance.

Take Stains of Wine Out of Linen.—Hold the articles in milk while it is boiling on the fire, and the stains will soon disappear.

THE LAUNDRY.

To Clean a White Kid Belt.—Apply benzine with a piece of flannel, then hang belt where the air can get at it.

To Clean Black Cashmere.—Wash in hot suds, with little borax in the water; rinse in bluing water—very blue—and iron while damp. It will look equal to new.

To Renovate Black Silk.—Sponge it with clear, strong, cold tea, shake it out, and hang it up to dry, or iron it while damp. Another way is, rip out the seams, rub it with a piece of crape, then put it in cold water 24 hours, iron it with a hot iron on the wrong side; be careful not to wring the silk.

Washing Blankets.—Put the blankets in hot soapsuds, with a little borax in the water, rub lightly, too much rubbing and wringing shrinks the flannel, rinse in clear water the temperature of the suds, and run through a wringer and hang up to dry.

To Wash Blue Prints.—Soak any new print in a bucket of cold water, with a tablespoonful of turpentine added, for 12 hours, and the colour will hardly ever move afterwards.

To Wash Blues and Greens.—Never soak any coloured things likely to run. Wash as quickly as possible, have some alum water handy and rinse in it. If the green runs or blurs, rinse again in saltpetre and water, about 1 oz. to a good-sized pail full of water.

To Wash Calico Without Fading.—Infuse 3 gills of salt in 4 quarts of water. Put in the calico while the solution is hot, and leave until the latter is cold. It is said that in this way the colours are rendered permanent and will not fade by subsequent washing.

To Set the Colour of Calico.—Salt thrown into the water will set the colour of black calico.

How to Wash Black Calicoes.—Put the calicoes in a boiler, with enough cold water to cover them well, and let them come to a boil. Then take out into clean water, and soap, and rub any part (if there is any) which still looks soiled, after which rinse, wring as dry as possible, and dry quickly.

Coloured Calicoes, How to Wash.—Dissolve 3d. of sugar of lead in 3 to 4 quarts of water (rain-water is best), and, after the garments are washed and rinsed, let them be dipped in and wrung out; it sets the colour and keeps it.

To Wash Cashmere Dress.—Wash in warm water with Sunlight soap and about a heaping tablespoonful of borax; make a lather of soap (be sure and not rub any soap on), then put the borax in and rinse and rub well, then rinse in warm water and hang out to dry.

To Wash Chamois Leather.—In washing anything made of chamois leather, use warm water, with a little ammonia in it. Wash by rubbing between the fingers, but do not wring. Press it between the palms of the hands, and hang before the fire or in the hot sun, to dry quickly, pulling it into shape often while it is drying, to prevent it drying hard and stiff. When dry, it can be softened by rubbing softly with both hands.

To Clean a Child's Frock.—Take a quantity of plain flour and make it as hot as the hand can bear it (either in a preserving pan or in the oven, it must be constantly stirred or it will burn). When hot enough take a portion out and well rub on a part of the frock. The flour becomes quite dirty; repeat until frock is done all over. If not clean enough, do it over again. Take grease spots out with clear benzine. Any light dress can be cleaned in this way. Shake well when finished, and then press with a damp cloth over the material. A white satin evening dress could be cleaned in this manner.

To Whiten Clothes.—A tablespoonful of turpentine put into the water in which white clothes are to be boiled will whiten them considerably.

Drying Linen.—Linen after being ironed should be placed in the stove or in the sun until perfectly dry, as the garments will be much stiffer than if left to dry slowly.

Colours, Setting.—To set the colour in blue lawn, dissolve ½ lb. of saltpetre in a pailful of water, and dip the lawn in it several times before washing.

To Clean a Copper.—Dip a piece of wet cotton rag into some tartaric acid, and rub the inside of the copper with it until all discoloration is removed, rinse, and wipe dry, and it will be as bright as new. This cleansing must be done just before using, as, if the copper is left empty, it will discolor again.

To Wash Coloured Fabrics.—Before washing any coloured fabrics soak them for some time in water, to every gallon of which is added a spoonful of ox gall. A tea cup of lye in a pail of water is said to improve the colour of black goods when it is necessary to wash them. A strong, clean tea of common hay will preserve the colour of French linens. Vinegar in the rinsing water for pink or green will brighten those colours, and soda answers the same end for both purple and blue. Sugar of lead (remember this is very poisonous) is good for preserving the colour of blue. Put 1 oz. of the sugar of lead in a pail of cold water, and soak the fabric for two hours therein, and dry it before washing.

Coloured Stockings.—Carefully wash in various lathers of white curd soap water. Add a small piece of alum or borax or a tablespoonful of vinegar to all the lathers. Rinse in clean warm water. Do not let the stockings lie in the water.

Cream Laces, to Wash.—The best result from washing cream laces may be obtained by first placing the lace in lukewarm water, in which a little white borax soap has been dissolved. The article is then allowed to remain in the water for a couple of hours, then it is taken out and rinsed thoroughly in two or three clean waters. Lastly, it is allowed to stand a few seconds in pure milk. The

milk gives the lace its former color and stiffness. While still damp, place between clean paper and press. When dry the fingers should be used instead of an iron for pressing out edging, &c.

To Dry Clean Cloth.—Dip a brush in warm gall and apply it to greasy places, rinse it off in cold water; dry by the fire, then lay the coat flat, strew damp sand into the cloth; then brush it out with a hard brush, and the sand will bring away the dirt. Rub a drop of oil of cloves over with a soft brush to brighten the colours.

To Make Fabrics Fire-proof.—By using a strong solution of alum for rinsing water it will positively make cottons fire-proof. And so far from injuring the looks of the muslin, there is no other treatment that will so brighten and improve the colours.

Fixing Colours in Fabrics.—One of the best methods of fixing delicate colours consists in making a strong brine of salt and cold water, and soaking the article in it for from 12 to 24 hours. This should be done just before going to the laundry, and the salt must not be allowed to dry in. This treatment is especially good for all shades of pink and green. A strong solution of alum and water is good, particularly with blues and the more delicate shades of brown, but the effect is not so lasting as that of salt, and the treatment requires renewing after three or four washings.

To Wash Flannels.—The principal reason that flannels do not look as nice as expected after being washed may be attributed to the fact that they are not usually washed separately from the other clothes. They should never be put in the same water with linen and cotton goods, as they will not only gather all the lint and dirt in the water, but be injured in the brightness or liveliness of colour. Always use warm suds, never hot, performing the labour as soon as possible, and do not apply soap directly to the flannel. Rinse in clear, warm water, never cold, and place where they will dry readily. Coloured and white flannels should not be washed together, and if in the same water put through the white first. If flannels are put into dirty suds, the water is made cleaner thereby, but the fabric but little, if any, improved.

Flannels, Washing.—The proper way to wash woollen garments or socks is to rub them gently through warm suds made of white hard soap, with a teaspoonful of powdered borax to each two gallons. Rinse in clear, warm water, and dry quickly.

Flannels, to Keep Colour and Not Shrink.—Put [illegible] a pail and pour boiling water on, letting them lie till cold, the first time of washing.

To Prevent Flannels from Shrinking.—Dissolve 1 oz. of potash in a bucket of water and leave the fabric in it for 12 hours. Next warm the water with the flannel in it, and wash without rubbing. Then immerse the flannel in another liquid containing a dessertspoonful of flour to one bucket of water, and wash in a similar manner.

Wash Flat Irons occasionally with warm water, to every two quarts of which has been added half a tablespoonful of melted lard. Wipe thoroughly, and set in a warm place till perfectly free from moisture.

If your Flat Irons are Rough and Smoky lay a little fine salt on a flat surface and rub them well; it will prevent them from sticking to anything starched, and make them smooth.

To Clean Rusty Flat Irons.—Have a piece of yellow beeswax tied in a coarse cloth. When the iron is almost hot enough to use, but not quite, rub it quickly with the beeswax, and then with a clean coarse cloth. This will remove it entirely, unless the rust has been upon the iron long enough to corrode and eat into the polished surface. Fine glass paper, made after the manner of sandpaper, is good for removing rust from iron or steel.

Rusty Flat Irons.—Put some kerosene oil int a shallw dish or plate, and in it stand the rusty iron. Allow it to remain in the oil for a whole day or night, then remove it, and with an old duster or piece of rag wipe away the oil, afterwards polishing the iron with finely-powdered brick-dust.

Stains of Fruit from Linen.—Moisten the cloth and hold it over a piece of burning sulphur, then wash thoroughly, or else the spots may reappear.

To Gloss a Shirt.—I am [illegible] shirts and collars in the

ordinary way, and when dry place them on the ironing table (with only one thickness of the sheet on), and wipe them once down with a damp cloth, then rub briskly backwards and forwards with the iron, pressing heavily on it.

Gloss on Shirt.—Scrape about 1 inch of sperm candle into a cup, with a teaspoonful of borax, pour boiling water on, and beat with a spoon till there is a good lather; have your starch mixed with cold water, then pour the candle into it. The hotter the starch the better the gloss, only do not boil it.

Gloss on Shirts.—Powdered soda bicarbonate (dried), 16 oz., powdered acacia 2 oz., mix and keep in bottle. A teaspoonful of this mixture added to ½ lb. of dried starch before boiling water is poured over it will give linen a fine gloss. For cold water starch simply add the powder to the starch.

To Clean Guipure Lace.—Wash it carefully in warm suds made with pure Castille soap, then rinse it in clear water. Pull gently into shape until dry, and then iron it between two pieces of flannel. Do not any account let the hot iron touch the lace.

A Hint for the Laundress.—A little pipeclay dissolved in the water employed in washing linen cleans the dirtiest linen thoroughly, with half the labour and saving quite half the soap. The clothes will be improved in colour equally as if they were bleached.

Ink from Cloth.—Ink may be removed from cotton, silk or woollen goods by saturating the spots with spirits of turpentine, and let it remain several hours; then rub it between the hands. It will disappear, it is said, without injuring either the colour or the texture of the article; or, the moment you spill ink, take a little milk and saturate the stain; soak it with a rag and apply a little more milk, rubbing it in well; in a few minutes the ink will be completely removed.

Ink from Linen.—A good way to take ink out of linen is to immerse the part that has ink on it in boiling hot tallow. When cool wash out in soap suds, and it is said the linen will be as white as ever.

Iron Stains.—The part stained should be remoistened with ink, and this is removed by the use of muriatic acid,

diluted with five or six times its weight of water, when it will be found that the old and new stains will be removed simultaneously; or, iron stains may be removed by dipping the linen in sour buttermilk, and then drying it in a hot sun; wash it in cold water; repeat this three or four times.

To Get Up Lace Curtains.—It is not at all necessary to iron these, provided you have a spare room in which you can spread them till dry, or, better still, can spread them in the open air. Spread an old sheet, and, when the curtains are ready for drying, lay them on this, pulling carefully into shape, and pinning down at frequent intervals. Leave till quite dry.

To Clean Real Lace.—Baste the lace carefully on to cheese-cloth, lay it on a table, and with a brush of a softness gauged to the fineness of the texture to be cleaned, or with a sponge for the very flimsy varieties, to clean with soap and water, always rubbing it the direction in which the little pearlings point, so they may not curl up. When the cleaning has been well done, roll up the cheese cloth and rinse thoroughly through two or three waters; squeeze as dry as possible without the wringing motion, unroll, shake, and pull the cloth into shape gently, flatten the lace where necessary, and when nearly dry iron from the back (still on the cloth) on a well-padded table or ironing-board.

Laundry Secrets.—A spoonful of ox-gall to a gallon of water will set the colours of almost any goods soaked in it previous to washing. A tea-cup of lye in a pail of water will improve the colour of black goods. Nankin should lie in lye before being washed; it sets the colour. A strong tea of common hay will preserve the colour of French linens. Vinegar in the rinsing water for pink or green calicoes will brighten them. Soda answers the same end for both purple and blue. To bleach cotton cloth, take one large spoonful of sal-soda, 1 lb. of chloride of lime, for 30 yards; dissolve in clean soft water, rinse the cloth thoroughly in cold soft water in order that the cloth may not rot. The above amount of cloth, with the bleaching compound, may be whitened in from 10 to 15 minutes.

To Keep Linen White.—Wash and bleach well, and rinse in very blue water, and put away rough dry.

Linen, Scorched, to Restore.—Extract the juice of two peeled onions by pounding them, mix with the juice ½ pint of vinegar, ½ oz. of white soap cut into small pieces, and 2 oz. of Fuller's earth. Boil this composition well, and, when cool, spread it on the scorched part of the linen; let it remain till dry, and afterwards wash the linen.

Machine Oil.—May be removed from white wear by applying benzoine, or a mixture of chalk and water, which must be placed over the stain, and let stand for some hours.

Machine Oil Stains.—Left on white cloth can be removed by rubbing the spot with a cloth wet with ammonia before washing with soap.

To Clean a Macintosh.—A dirty macintosh should be laid out flat on a table and rubbed all over with a nail brush, using cold soft water and yellow soap. When all the dirt is off, dip the cloak in several lots of clean cold water, but do not wring it out. Shake well, and hang it in the open air, if possible, to dry, or let it hang in a cold room, but on no account put it near the fire. Hot water must never be used ,and if there are any very bad stains or grease marks which will not yield to the soap alone, rub a little turpentine on them.

How to Clean Merino.—Grate 2 or 3 large potatoes; add to them a pint of water; let them stand for a short time, and pour off the liquor clear, when it will be fit for use. Lay the merino on a flat surface and apply the liquid with a clean sponge till the dirt is completely extracted. Dip each piece in a pailful of clean water and hang up to dry without wringing. Iron while damp on the wrong side. It will then appear almost new.

Linen, Mildewed.—Fine powdered chalk and yellow soap, well rubbed in, will remove mildew.

Washing Muslins.—Muslin dresses, even the most delicate colours, can be cleaned in a quarter of an hour, without losing their colour. Melt ½ lb. of white soap in a gallon of water, empty in a washing tub of water; place near two other large tubs of clean water, and stir into one

a quart of bran. Put the muslin in the suds, turn it over and knead it for a few minutes; squeeze it out well, but do not wring it, lest it get turned; rinse it about quickly in the bran for a couple of minutes. Rinse again well for a couple of minutes in clear water. Squeeze out dry, and hang it between two lines. A clear, dry day should be chosen.

Silk Stockings.—In washing silk stockings soap should not be used, but a decoction of bran and water. To each pint of water add two tablespoonfuls of bran, and wash the stockings in this. Rinse thoroughly in a succession of clean waters.

Some Hints for Washing Day.—Clothes soaped and put to soak overnight in plenty of cold water with some ammonia, lose much of their dirt, and require hardly any rubbing. A wineglassful of kerosene and a teaspoonful of borax added to every gallon of water in the copper will whiten clothes. Half a gill of vinegar to every gallon of water keeps blue from running when washing blue cotton or linen blouses, overalls, &c. Ammonia is good for washing flannels, which should be squeezed and kneaded and hung out after rinsing as quickly as possible. A little washing blue in the water is said to preserve the color of black stockings.

Stains.—Various stains can be removed as follows:—Rub borax over tea stains and steep in boiling water. Rub salt on wine stains and pour boiling water over them. Freshly cut tomato often rubs out a fruit stain. Buttermilk takes out ink if hot water and soda be afterwards well rubbed in. Salts of lemon and boiling water is the best for ironmould. Chloride of lime paste takes out scorch by an iron.

To Keep Sponges Soft and Sweet.—Wash in warm water with a little tartaric acid in it, then rinse in plenty of cold water. Take care not to use much tartaric acid, or the sponge will be spoilt. Rubbing a sponge with a freshly-cut lemon is also excellent when it needs cleansing.

To Restore Old Crape.—A piece of glue dissolved in skim milk and water is said to be very effective in restoring old crape; use very hot and clap dry.

Real Lace.—In washing, let the last rinsing be in skim milk to give a soft tone to it.

To Wash Red Flannel.—Mix a handful of flour in a quart of cold water and boil for ten minutes. To this add some warm suds, and wash the flannel gently, rinsing rather than rubbing. Now rinse it in two or three warm waters, and the brightest scarlet will never lose its colour. Castile or ivory soap should only be used.

Scorched Goods.—If the scorch is not an absolute burn, it may be removed by boiling the fabric in milk, turpentine and soap. To half a gallon of milk use ½ lb. of soap and half a teacupful of turpentine. Be careful about exposing tupentine to fire.

To Starch Shirt Bosoms and Collars.—Pour a pint of boiling water upon 2 ozs. of gum arabic, cover it and let it stand over night. A tablespoonful of this gum arabic water, stirred into a pint of starch made in the usual manner, will give to lawns, either white or printed, a look of newness when nothing else can restore them. To every pint of starch add a piece of spermaceti candle the size of a chestnut.

How to Polish a Shirt Front.—After ironing shirt front, while it is still warm, rub the surface with a handkerchief made damp or fairly wet with borax and water; then take polishing iron, not hot enough to scorch, but a nice medium heat, and rub the shirt front (a very small portion at a time) backwards and forwards, and a dazzling gloss will result.

Shirt Blistering.—Dip your shirt fronts in boiled starch, not too thick; when dry make up with raw starch. Always use salad oil and borax in your starch, one teaspoonful each to a pan of starch.

Silk, to Wash.—½ pint of gin, 4 ozs. soft soap, and 2 ozs. honey, well shaken. Wet a sponge with this mixture and rub the silk, which should be spread upon a table. Then wash it through two waters, in which put two or three spoonfuls of ox gall, which will brighten the colours and prevent them running. Do not wring the silk, but hang it up to dry, and while damp iron it. The lady who furnishes this recipe says she has washed a green silk dress by it, and it looks as good as new.

A Good Starch.—Mix starch with a little cold water, add boiling water until it thickens, then add dessertspoon of sugar and a small piece of butter. Makes a stiff and glossy finish equal to laundry.

Stockings.—A good way of preserving the colour of black stockings is to wash them in soap, free of soda, and in the last rinsing add a teaspoonful of vinegar. Never iron black stockings. Dry them in the shade.

New Stockings.—Always wash these before wearing. It makes them last longer, and prevents risk of injury to the feet from the colouring. Darning the toes and heels with silk while new is an excellent plan, and puts off the dreaded darning day considerably.

Stockings, Washing of.—You should always add a little vinegar to the water in which stockings are rinsed after being washed. The stockings should then be dried wrong side out. Coloured stockings will be unfaded, and black ones will retain their original lustre.

Wash-leather Gloves.—Wash with just warm water and good yellow soap. Hot water will shrink and shrivel the leather. They must be dried quickly in the air and sun and drawn carefully on the hands before they are quite dry. This is to preserve the shape and prevent the leather from hardening.

Waterproof Cloth.—In a bucket of soft water put ½ lb. sugar of lead and ½ lb. of powdered alum; stir this at intervals until it becomes clear, then pour it off into another bucket, and put the garment therein, and let it be in for 24 hours, and then hang it up to dry without wringing it. The rain hangs upon the cloth in globules, but will not penetrate it at all.

When Washing Clothes.—Dissolve a little pipeclay in the water, or rub with the soap on to the clothes. This process gives the linen the appearance of being bleached, and also make the clothes clean with half the usual labour. When the water is hard, pipeclay is especially useful, for it makes the water as soft as rain-water.

Woollen Clothes.—Should be washed in very hot suds, not rinsed. Lukewarm water shrinks them.

Woollens, for Sponging.—Grated potatoes soaked in

water, in the proportion of two medium-sized potatoes to the quart, make an excellent cleansing fluid for sponging woollens, and for washing delicate-coloured fabrics.

White Silk Blouses, or Lace Collars, to Clean.—Take equal parts of French chalk and borax, mix thoroughly; lay the article on a clean cloth, and spread the powder thickly over it; roll up, and leave for two days, when it may be shaken, and will look like new.

White Evening Dress.—Rub gently all over with benzine and a soft rag that will clean all the dirt out. Two pints will be sufficient to clean a dress all over.

White Cashmere Dress, to Clean.—Make a good lather of soap and water and wash the dress in it; add borax to the water. When you put the dress into the tub draw it about and work it through the water, cleansing it by the power of the made lather, and reducing the rubbing on of soap to the vanishing point. Of course, there are specially dirty places that must be rubbed a little, but much rubbing of the fabric is bad, and tends to shrink the dress. After you have completed the washing rinse in slightly blued water, and iron before it is quite dry.

Care of Wringer.—Do not fail to oil the wringer every time you wash. If oiled often there is less wear on the machinery, and less strength is expended by the operator. To clean the rollers rub them first with a cloth saturated with kerosense oil, and follow with soap and water. Always loosen the rollers before putting the wringer away.

To Whiten Yellow Linen.—Boil it ½ hour in 1 lb. of fine soap melted in 1 gallon of milk, then wash in suds, then in two cold waters, with a little bluing.

JAMS AND JELLIES.

Apple Ginger.—2 lb. apples, ½ oz. essence of ginger, 2 lb. sugar, and 1 pint of water. Pare and cut the apples (the slices must not be very thin), and throw into cold water to preserve their color. Put the sugar and water into a brass pan, and when it boils add the essence of ginger; then drain the apples out of the water and throw

into the boiling syrup, and boil until tender and transparent, but not broken much. Pour into small jars.

Apple Jelly.—Pare, quarter, and core fine, sound apples, cover with water, boil till soft; take out, put into a sieve, and let all the juice drain into the water they are boiled in; then take the parings and some cores, which cover with water and boil. Put the liquor of both together, and boil to a good syrup; add 1 lb. of sugar to 1 pint of syrup, and boil together 15 or 20 minutes.

Apple Jam.—To every lb. of fruit, weighed after it is pared and sliced, allow ¾ lb. of sugar, and the grated rind and juice of half a lemon. Put the apples into a jar, and set this into a pan of boiling water. Let the apples stew until tender, then put them into a porcelain kettle with the sugar and lemon juice. Stir until soft, and let it simmer for at least half an hour.

Apricot Marmalade.—Take the stones out of the fruit and blanch the [illegible] then weigh the fruit, and take the proportion of ¾ lb. of sugar to 1 lb. of fruit, break it into pieces, dip the pieces in water and dissolve them over a clear fire, then boil till they form a candy. When cool, pound the candy, pare and slice the apricots, and put them into the preserving-pan with the pounded sugar; let them simmer till a clear marmalade is formed; then add the kernels, and pour off the marmalade into pots.

Apricot Jam.—1 lb. crystallised sugar, ¼ pint water to every lb. of fruit. Put sugar and water into a preserving pan and boil a good half-hour. Put the fruit into the syrup and boil altogether one hour. Do not stir too much; remove scum as it rises.

Blackberry Jam.—The common blackberry must be dry, and be carefully picked, boiled for half an hour, and then half the weight of moist sugar added, and boiled up again for ten minutes. It is a most wholesome preserve for children.

Blackberry Jelly.—Put ripe blackberries into a pot with a very little water to prevent burning, and stir over a slow fire till thoroughly mashed; then strain through a jelly-bag twice, and measure the juice. To every cup of juice allow one cup of best white sugar. Boil the juice briskly

for about ten minutes before adding the sugar, boil and skim till it will jelly when tested.

Damson Jam.—Fill a large jar with fruit, and set it in an oven, bake it till the stones can easily be extracted. Then boil the fruit half-an-hour with ¾ lb. of sugar to a pint of the fruit, without the stones.

Fig Jam.—10 lb. of figs, 7½ lb. sugar, 2 oz. ginger, a few drops of essence of lemon. Pare and cut the figs up finely, place in a preserving-pan, and near boil; then add the sugar and ginger. When nearly done add the essence of lemon. It generally takes from two to three hours.

Golden Queen Tomato Jam.—Take 20 lb. of fruit, wipe dry, and slice; add ½ lb. of sugar to every lb. of fruit; boil slowly for 4 hours; add a few drops of essence of lemon previous to taking off the fire; when cold put into glass jars, cork tightly, and seal. A delicious jam.

Gooseberry Jam.—Time, 1¼ hours, ¾ lb. loaf sugar to 1 lb. red gooseberries. Pick off stalks and buds from gooseberries, bruise them lightly, boil them quickly for 8 or 10 minutes, stirring all the time; then add sugar, pounded and sifted, to fruit, boil quickly, removing scum as it rises. Put into pots while hot, when cold cover. All jams are made much in the same way.

Gooseberry Jelly.—Take fine gooseberries, not too ripe, wash and drain them, and add 1½ pints of cold water to every quart of gooseberries. Place them over the fire, and boil till the whole becomes a jam; then strain it well through a jelly-bag. Make a rich syrup of a lb. of loaf-sugar in proportion to a pint of the liquor, with a little water in which the remains of the strained fruit has been boiled. When the syrup is sufficiently boiled, add it to the juice, boil them together for a ¼ of an hour, and then pour off.

Grape Jam.—Take the grapes off the bunches, wash them, and put into a preserving pan; crush them well with the hands, let them boil, add ½ lb. of preserving sugar to every lb. of fruit. Add no water, as it is not necessary. The seeds can be taken out as they rise to the top as the jam boils.

To Colour Jams and Jellies.—To prepare cochineal for

imparting a red or pink colour to jam or jellies, take 1 oz. of powdered cochineal, the same quantity of cream of tartar and 2 drachms of alum. Put these ingredients in a saucepan, with ½ pint of water and place the pan over the fire. When the solution boils, remove the pan from the fire and let the contents cool, then pour it off into a bottle as free from sediment as possible. For a green, use a little of the water that comes from spinach. For yellow, boil a few shreds of saffron in a little water, strain and add to the jelly.

Lemon Jam.—Slice very thin 6 large lemons; soak with 3 pints of cold water all night. Put in pot the next day, and boil for two hours; then add 4 lb. of sugar and boil quickly for 1 hour, or till it jellies. Bottle while hot; when cold tie down.

Lemon Marmalade.—Cut the lemons into very fine shreds and remove all pips. To every lb. of fruit add 1 pint of water and boil all together until tender. Let it get cold, weigh, and to every lb. of boiled fruit add 1¼ lb. of best white sugar. Boil quickly till clear and bottle while hot. This marmalade improves very much by keeping. Lemon marmalade for present use is much nicer with an equal weight of melon (Chinese or citron melons are best); also sliced very fine, in which case lb. to lb. of sugar is enough.

Lemon Jelly.—½ box gelatine, soaked in ½ pint cold water 1 hour; add 1 pint boiling water, and 1½ cups sugar, extract lemon to taste. Stand on stove until boiling. Strain into mould, set in cool place.

Lemon and Melon Jam.—To every lb. of melon allow ½ lb. sugar and six lemons to every 12 lb. melon. Cut up melon and put in preserving pan with half the sugar sprinkled over. Add rinds of lemon (finely cut), add juice, let it stand all night; then add rest of sugar and boil till cooked. Allow four or five hours.

Loquat Jam.—First wash the loquats well, split and remove stalks and seeds, and then weigh, and to 1 lb. of fruit allow ¾ lb. of sugar. In order to have good jam you must do the fruit at night; put it in stewpan, and cover with water and sugar. In the morning you have just to put them on the fire and boil 5 or 6 hours, or until the

jam is a very rich colour. The purpose of covering with water and sugar over night is that the fruit will not break in boiling. If you wish to keep it a long time before using, it will be necessary to put 1 lb. of sugar to every lb. of fruit.

Melon and Lemon Jam.—Cut melon and lemons over night, remove seeds; 8 lemons to each melon, 3d. worth of whole ginger tied in a piece of muslin and boiled with fruit; boil for 3 hours, then add ½ lb. of sugar to each lb. of fruit, and boil till golden brown.

Orange Jelly.—Strain the juice from 2 doz. oranges over the grated rind of one. Drain the juice through a jelly bag, and add the proportion of 1 lb. of sifted sugar to 1 pint of juice. Set it over the fire and let it boil for 20 minutes. Then boil ¼ lb. of isinglass in ½ pint of water with the rind of a lemon, till the isinglass is dissolved. Add a spoonful at a time to the juice as it boils till you perceive it stiffen, then pour into pots. There is so little gelatinous quality in the juice of the orange that it must be aided by the isinglass to form the jelly.

Melon and Lemon Jam.—To every lb. of melon allow ½ lb. of sugar, and 6 lemons to every 12 lb. of melon. Cut up the melon, and put in preserving pan with half the sugar, sprinkle over, add the rind of the lemons (finely cut), and the juice; let it stand over night; then add the rest of the sugar and boil till cooked.

Orange Marmalade.—To every 6 oranges allow 4 lbs. of sugar and 1 quart of water. Cut the oranges as finely as possible, rejecting the seeds. To every 6 allow 1 quart of water, letting them stand in it all night; next morning boil all together (not changing the water) until the skins are quite tender; then add the sugar and boil slowly for 2 or 3 hours. Sometimes it is necessary to add a little more water if it becomes too thick before it is sufficiently boiled.

Orange Jam.—1 doz. oranges; 2 cups of water, and ½ lb. sugar to each orange; slice the fruit and take out the pips; add the water and let them stand all night. Boil hard 1½ hours, then add the sugar and boil another 1½ hours.

Passion Fruit Jam.—(Made with the skins). Cut the fruit in two and take out the inside, take one-fourth of

the skins and boil them in water until quite tender. Scoop out the pulp from the shells with a spoon, and add it to the seeds and juice. Add 1 lb. sugar to each 1 lb. fruit, and boil until a proper consistency.

Peach or Nectarine Jam.—Peel the fruit and cut into small bits. Place over night in a deep dish, and cover with soft sugar, using ½ lb. to every lb. of fruit; next day turn all into preserving pan, and boil slowly till the jam is done; the time will depend on the quantity being made. No water is required for this preserve, the sugar being added over night will draw out enough juice, without using any water to melt the sugar. In the case of nectarines it is not necessary to peel the fruit.

Pear Jam.—Peel and slice the yellow China pear, add a little more than ½ lb. sugar to 1 lb. of fruit, cover with water, and boil till done; cloves and ginger tied up in muslin to flavour. Do not leave the pears cut up over night, as it makes them hard.

Peach Jelly.—Take free-stones, not too ripe, wipe the down well off, and cut them in quarters. Crack the pits, break the kernels small, and put the peaches and kernels into a covered jar, which place in boiling water, and boil till the peaches are soft; strain out all the juice through a jelly-bag; add a pint of loaf-sugar to a pint of juice; put into a preserving-kettle, and boil 20 minutes, skimming very carefully; put the warm jelly into glasses, and when cold tie up with brandied papers.

Pineapple and Tomato Jam.—Take 6 large pineapples, peel and cut into small pieces, take 15 lb. of tomatoes, plunge into boiling water, so that the skins come off easily; mix with the pineapple and stew gently till the latter is soft, then add ¾ lb. of sugar to each lb. of the mixture, and boil till it is done. If liked omit the tomatoes, but the above are very nice mixed.

Plum Jam.—To every lb. of plums, allow ¾ lb. of sugar, and very little water, as there is always a lot of syrup in this fruit; place in pan, and boil about 3 hours or less, if cooked, sooner; skim the scum off as it rises.

Quince Jam.—Peel and core the quinces; take the cores and tie them in a piece of muslin, put them in a saucepan by themselves with the weight in sugar of cores, and

cover with water; place the quinces in a large enamelled saucepan, and then add same weight of sugar as you have of fruit; quarter the quinces, then halve them—that makes them like preserved—add a little water with them to keep them from burning; when they boil move them from off the fire, and let them simmer for about 4 hours, very slowly boiling all the time; put a little lemon peel in for flavouring; then, when it is a good dark red, squeeze the jelly from the cores, and stir all well together; let it cool, and bottle it, but do not cork it down until the next day.

Quince Jelly.—Slice quinces without either paring or coring. Put them into preserving kettle; just cover with water; put over fire, boil until soft. Remove from stove, strain off liquor. To every gallon allow 4 lbs. of white sugar; boil very fast until it becomes a stiff jelly.

Rhubarb Jam.—6 lbs. of rhubarb, 6 lbs. of lump sugar. and the rind of 3 lemons. Wipe the rhubarb dry and put into preserving-pan with sugar. Mince the lemon rind and add to other ingredients, keep stirring to prevent rhubarb from burning. When the sugar is quite dissolved let the jam boil quickly for ¾ of an hour.

Raspberry Jam.—Weigh equal quantities of fruit and sugar, put the fruit into a preserving kettle, boil, and break it, stir constantly, and let it boil very quickly. When most of the juice is mashed add the sugar, and simmer half an hour. This way the jam is greatly superior in colour and flavour to that which is made by putting the sugar in at first.

Raspberry Jelly.—Take fresh, nicely-picked raspberries, and simmer over the fire till the juice flows, then strain, and weigh the juice, but boil it for 10 minutes before you add the sugar, which must be in the proportion of 1¼ lb., finely powdered, to 1 lb. of juice; boil 5 minutes longer, skim it, and pour into pots. This is a good jelly for flavouring creams, and requires no sugar added.

Scotch Orange Marmalade.—Slice very thinly 12 Seville oranges and 2 lemons and remove the seeds. To every lb. of pulp allow 3 pints of cold water. Set all in a large pan and let it stand all night, then boil till the chips are quite tender and clear. Leave it till next day. To every lb. of boiled fruit allow 1¼ lb. lump sugar. Boil, stirring

constantly till the syrup jellies and the chips are transparent. The great point in making good marmalade is to see that the fruit is sliced very thinly. Sharp knives must be used for the work, or in addition to making thick chips, the juice will be squeezed out in the process of cutting.

Shaddocks.—The orange-shaddock can be made into delicious marmalade. Recipe: Cut thin, take out pips, and soak in cold water for 4 days, then boil in the same water, put 1 quart of water to each orange and boil until clear, then put 2 lb. of sugar to every quart, and boil until it jellies.

Strawberry Jam.—To each lb. of strawberries add the juice of ½ lb.; set them over the fire 20 minutes, then add ¾ lb. of sugar for each lb. of fruit; boil ¼ of an hour, then turn out into jars.

Tomato Jam.—Take tomatoes not quite ripe, the green ones are best, wipe with a cloth and take off the stems. Put into a preserving kettle, allowing ½ lb. of white sugar for every 1 lb. of fruit; add a little water for syrup. Slice one lemon for 2 lbs. of fruit and add. Boil until thoroughly done and the syrup is thick. Do not put much water at first, as it may be added easily. This is an excellent preserve and tastes a little like figs.

THE KITCHEN.

Copper Saucepans and Tins are cleaned on the outside with salt and vinegar, and on the inside with soap and water, after they have been filled with water and a small lump of soda, and well boiled. New tins should be set over the fire, with boiling water in them, for several hours before food is put in them.

When Grease is Spilt on a Stove.—Pour cold water on it at once, which will harden the grease and prevent it soaking in far. Quickly scrape off.

To Wash Greasy Tin and Iron.—Pour a few drops of ammonia into every greasy roasting-pan, after half filling the pan with warm water. A bottle of ammonia should

always be kept on hand near the sink for such uses; never allow the pans to stand and dry, for it doubles the labour of washing, but pour in water and use the ammonia, and the work is half done.

Kitchen Hints.—Particular attention must be paid to the proper heating of the oven at all times, and to see that the oven is "just right" before placing the articles to be cooked in it. Always weigh or measure the ingredients—never guess. If you have not scales and weights, a table will be found below, which will answer the same purpose. Pastry should not be put in a cool place when taken from the oven; it makes it heavy. Cool it off in a warm place. Always hang fresh meat up; never allow it to lie on a dish. In summer brush it over with vinegar.

Kitchen Measurements.—1 quart of wheat flour is 1 lb.
1 quart of corn meal weighs 18 ozs.
1 quart of butter, soft, weighs 16 ozs.
1 quart of brown sugar weighs from 1 lb. to 1½ lb., according to dampness.
1 quart of white sugar weighs 1 lb.
10 medium sized eggs weigh 1 lb.
A tablespoonful of salt is 1 oz.
8 tablespoonfuls make a gill.
2 gills, or 16 tablespoonfuls, are ½ pint.
60 drops are 1 teaspoonful.
4 tablespoonfuls are 1 wineglassful.
12 tablespoonfuls are 1 teacupful.
16 tablespoonfuls, or ½-pint are 1 tumblerful.

Kitchen Wrinkles.—Sheets are scorched and injured by being used for ironing upon. Good forks are soon ruined by using for toasting purposes. Soapsuds are thrown away instead of being used as a valuable addition to the soil of a garden.

How to Mend a Kettle.—Holes in the bottom of iron kettles may be stopped by driving in plugs of lead, and heading them down on both sides of the iron. So long as water is in the kettle the lead will not melt. A cement said to be good is made by mixing six parts of well pulverised, dry clay, and one part iron filings; make into a paste with boiled linseed oil.

To Whiten Kitchen Table.—Wash it in cold or nearly cold water and scour with this mixture:—½ lb. sand, ½ lb. soft soap, ¼ lb. lime; put this on to the scrubbing brush, and wash the way of the grain, not across it. To have board white, cold or tepid water is necessary for scrubbing.

To Cool an Oven Quickly.—If using oven with pastry where you cannot afford to open the door to reduce temperature, put a large basin of cold water to stand in the oven. It will soon do its work effectively.

To Cool an Oven While Baking.—Keep the door shut, put in the damper of the oven flue, and remove one of the rings on the hot plate. This will reduce the temperature quickly, without admitting cold air to the oven.

A Porcelain Sink.—Can be thoroughly cleaned by scrubbing with hot soda water and then rubbing it with sand, or rotten stone, where there are hard stains.

Salt as a Cleanser.—Salt is a great cleanser, and is particularly useful in keeping the kitchen, scullery, etc., free from greasy odours, if freely used. Sinks, chopping boards, shelves, etc., if frequently washed down with common salt will keep clean and bright looking.

Sink.—Keep a box of powdered borax near the kitchen sink. A small quantity in the water, in which dish towels are washed, is helpful in the matter of cleansing.

Sink, to Flush the.—After washing up, a pailful of boiling water, with a lump of soda dissolved, should be thrown down the sink to melt the grease and clear any obstacle, then follow with a jugful of cold water.

PICKLES AND PRESERVES.

Apple Chutnee.—Core 6 good-sized cooking apples and 6 russet apples, slice them as for a tart, but do not peel them. Put them into a pint of ordinary red vinegar, and add 1 lb. of moist sugar and 4 oz. of sultana raisins; boil together until the apples are soft. Have 2 oz. of onions ready (chopped fine), 4 oz. of salt, 2 oz. mustard, 2 oz. ground ginger. Mix all smoothly with a little vinegar.

Stir these ingredients into the apple, sugar, and vinegar while hot, then add ½ oz. of cayenne pepper, stir well, and bottle when cold. The onions, etc., are not put over the fire.

Beets Pickled.—Wash the roots very clean, but do not scrape them; put them into boiling water, and keep them boiling from two to three hours, till perfectly tender. Take them out, and let them remain till cold, then pare and slice the root, cover it with vinegar which has been boiled, and cooled, and in which a teaspoonful of salt, and half the quantity of cayenne, has been boiled; put the pickle into jars, and in a few days it will be fit for use.

Beef and Pork, a Pickle For.—The following receipt is strongly recommended:—Six gallons water, 9 lbs. salt, coarse and fine mixed; 3 lb. sugar, 3 oz. saltpetre; 1 oz. pearlash; 1 gallon molasses to every 6 gallons of water. In making a larger or smaller quantity of pickle, the above proportions are to be observed. Boil and skim the ingredients well.

Bottling Fresh Fruit.—Ingredients: 6 cups of white sugar, 18 cups of rain water (or 3 cups of water to every cup of sugar), some fresh firm fruit, not too ripe, and some Putnam's lightning or Mason's screw-top preserving bottles. Mode: Boil sugar and water together for 20 minutes, then put in fruit and boil gently till tender, but not too soft, as they break and look unsightly in the bottles. Fill your bottles, but do not crush them—say 16 medium-sized peaches to a two-pint bottle. Cover at once with boiling syrup, and put stopper on immediately. Note.—If liked sweeter, use more sugar.

A Good Brine for Pork.—To each gallon of water allow —salt, 2 lb.; brown sugar 2 lb.; saltpetre. ¼ lb. Boil very slowly and remove every particle of scum as it rises. This is as good a pickle as can be made. More saltpetre can be used if liked, but too much takes the flavour from the meat.

Brine.—4 gallons water, 6 lb. salt, 6 oz. saltpetre, 4 oz. carbonate soda, 4 lb. brown sugar. Boil and skim till clear.

To Preserve Cherries.—Stone the fruit, weigh it, and for every lb. take ¾ lb. of sugar, and ½ pint of water. Dissolve

water and sugar, add the fruit, let it boil as fast as possible for ½ hour till it begins to thicken, then put in jars and cover closely from the air. A few of the stones put in a bag and boiled with the fruit imparts a fine flavor. They must not be put in the jars with the fruit.

Chili Vinegar.—Pound or cut 4 doz. fresh red chillies in half, and infuse them in a pint of vinegar for a fortnight, when it will be fit for use.

Cayenne Vinegar.—Put ½ oz. of cayenne pepper into a pint bottle, and fill up with pale vinegar. Shake it well for the first three days, then leave it to stand; in a month it will be fit for use. Keep the bottle closely corked.

Sweet Sliced Chutney.—10 large cooking apples, 1 lb. stoned raisins, 2 oz. garlic, 2 oz. red chillies, 2 large onions (sliced), 1 lb. of dark sugar, 6 oz. salt, 6 oz. ginger, 1 tablespoonful of mustard. Boil all for 1 hour, then add 1½ pint bottles of vinegar, and let boil slowly for 3 hours longer till the consistency of jam. Bottle and make air tight.

Indian Chutney.—4 oz. of salt, 3 oz. onions, 2 oz. mustard seed, ½ oz. cayenne pepper, 1 quart vinegar, 4 oz. raisins, 3 oz. garlic, 8 oz. green tomatoes, 14 oz. apples, and 4 oz. sugar. Pound the raisins (stoned), onions, garlic, mustard seed, tomatoes, and cayenne; boil the apples with the vinegar and sugar till tender, add the other ingredients, boil ½ hour, and when cool enough bottle and cork tightly.

Mango Chutney.—4 lb. mangoes, 1 lb. sugar, ½ lb. raisins, cut up very fine, ½ lb. dates, 3 oz. ground ginger, 2 oz. salt, ¾ teaspoonful cayenne pepper, 2 bottles best vinegar. Boil all together for 2½ hours.

Cumquots In Syrup.—Prick the fruit well all over, and boil gently in plenty of water till the fruit is quite tender. Make a syrup of 1½ lb. of sugar, and ½ pint of water to each lb. of fruit. Boil the syrup for 20 minutes, then add fruit, and boil all for 15 minutes longer.

Dried Apricots and Peaches.—Divide the apricots or peaches, and carefully draw off the skins and take out the stones. Put the fruit into a bowl and strew over them their weight in pounded sugar; let it dissolve slowly, and

the next day put the whole into a preserving pan on the stove on a slow fire, and simmer gently for a ¼ of an hour; then put them back into the bowl, pour the boiling syrup over them, and let them lie in it for 3 days; then pour off the syrup and use for other purposes; expose the fruit to a gentle heat, and turn them every day until they are dry. Keep them in layers with writing-papers between in a tin box.

To Preserve Citron.—Peel the citron, take out the seeds, then cut into quarters and put in a preserving kettle, and add some water, cover tight, and boil until you can thrust a straw easily through them; then skim out carefully, so as not to break them. To 1 lb. of citron use ¾ lb. of white sugar, adding lemon as you prefer, removing the seed, or they will render the whole batch bitter. Add the sugar to the liquor you boil the citron in; boil to a nice syrup; add the citron a little at a time; when done, skim out, keep doing so until all are cooked; add your lemons, cook a few minutes more, and pour over your citron.

Shalot Vinegar.—Split 6 or 8 shalots, put them into a quart bottle, and fill it up with vinegar; in a month it will be fit for use.

Preserved Figs.—12 lb. of figs, 1½ lb. preserved ginger, 9 lb. sugar, 3 pints of water. Prepare the figs and cut the ginger into squares, put the sugar with the water in the pan, and boil 20 minutes very fast; add the figs and ginger to the syrup, and boil slowly for 3 hours. Do not stir the figs, but gently press them under the syrup. Bottle when cold.

To Preserve Fruit.—Make a syrup, allowing ½ lb. sugar to 1 quart of water; boil this for 3 minutes; prepare fruit, and allow to cook in syrup until you can just pierce them. Apricots take about 10 minutes, peaches about 20 minutes. Fill jars with fruit, pour in syrup, allowing it to overflow. Fasten down securely while hot.

To Bottle Fruit.—Take wide-mouthed bottles and fill with perfectly sound fruit, which has been gathered in the day. To each lb. of fruit allow 4 oz. of castor sugar, tie over each bottle with bladder, put in bottle and pack them upright in a large fish-kettle or skillet; wrap hay between and fill the pot with cold water. Moisten each blad-

der, bring the water gradually to the boil, and let it simmer till the fruit shrinks and appears cooked. To prevent the bladders from splitting moisten constantly, and if any breaks put on others.

To Bottle Gooseberries.—Fill some clean, wide-necked bottles with gooseberries (gathered the same day, if possible), remove the tops and tails, fill the bottles with the fruit, make a syrup with 1 lb. of best white sugar to a quart of water, let it boil rapidly for 10 minutes. On taking the syrup from the fire pour it over the fruit so as to nearly fill the bottles, then cork them and wrap them round with hay-bands or cloths to prevent them knocking together. Place the bottles in a boiler and fill with cold water up to the necks, put on the cover, and bring the water gradually to boiling point; let the fruit simmer for 40 minutes from the time the water boils, remove the bottles, and as the fruit will have shrunk, a little more must be added. This should be done from one of the bottles of boiling fruit, as each bottle is opened and filled in turn; push the handle of a long spoon down the sides to liberate any bubbles of air, then instantly re-cover and let the bottles stand till cold. Use air-tight jars.

Green Tomato Pickles.—Slice 10 lb. green tomatoes, sprinkle with salt over each layer, and let stand over night. Next day put in a saucepan 2 quarts of vinegar (not less), 2 lb. brown sugar, 1 lb. sliced onions, ½ teaspoon cayenne pepper, ¼ oz. cloves (powdered), ¼ oz. cinnamon ditto, ¼ oz. pepper corns. Drain the tomatoes well from the salt, and simmer with the above ingredients until quite tender. Tie down in small jars, as it keeps better in small quantities.

Greengages Preserved.—Choose the largest, when they begin to soften; split them without paring, and strew over them a part of the sugar of which you have previously weighed an equal quantity. Blanch the kernels with a small sharp knife. Next day, pour the syrup from the fruit, and boil it with the other sugar 6 or 8 minutes, but very gently; skim, and add the plums and kernels. Simmer till clear, taking off any scum that rises; put the fruit singly into small pots, and add the syrup and kernels to it.

Green Figs Preserved.—Put the green figs in a sieve, pour boiling water over them, and let stand about an hour; then weigh the sugar, lb. for lb.; put the figs in a kettle, and boil with the syrup; after which take out, put on dishes in the sun, boil the syrup down, return the figs, and let them boil a short time.

Herring Paste for Sandwiches.—4 red herrings, 3 fresh eggs, 2 tablespoonsful of cream, ½ lb. butter, a little cayenne pepper. Skin and bone the herrings, grind them through the mincing machine, add eggs (well beaten), cream, butter, and cayenne; mix well together; simmer in warm oven; let cool, and bottle down closely.

Horseradish Vinegar.—¼ lb of scraped horseradish, 1 oz. minced eschalot, 1 drachm of cayenne, 1 quart of vinegar. Put all ingredients into a bottle, which shake well every day for a fortnight. Strain, and it will be ready for use.

Lemon Pickle.—Wipe 6 lemons, cut each into 8 pieces; put on them 1 lb. of salt; 6 large cloves of garlic, 2 oz. of horseradish, sliced thin, likewise of cloves, mace, nutmeg, and cayenne ¼ oz. of each, and 2 oz. of flour of mustard; to these put 2 quarts of vinegar. Boil these a quarter of an hour in well-tinned saucepan; or, which is better, do it in a stone jar, in a kettle of boiling water; or set the jar on the hot hearth till done. Set the jar by, and stir it daily for 6 weeks; keep the jar close covered. Put it into small bottles.

Mixed Pickles.—2 quarts small cucumber, 1 quart small onions, 2 small cauliflowers, 1 quart beans (French). Let them lie all night in a gallon of water with cup of salt; in morning put on stove, let them come to a scald, drain water off, and to 2 quarts of vinegar put 1 oz. curry powder, 1 oz. turmeric, 1 oz. ground ginger, 1 oz. mustard, 1 teaspoon cayenne pepper, 3 tablespoons salad oil, mix well, and let come to a boil, and pour over vegetables.

Mustard Pickles.—1 quart each of small whole cucumbers, large ditto, sliced; and small button onions and green tomatoes, sliced; 1 large cauliflower divided into flowerets, and a few green peppers cut fine. Make a brine of 4 quarts of water and 1 pint of salt, pour it over the mixture of vegetables, and let stand 24 hours; heat

just enough to scald, and then turn into a collander to drain; then take ½ a cup of flour, 6 tablespoonsful of mustard, and 1 tablespoonful of turmeric, with enough cold vinegar to make a paste; then add sufficient vinegar to make 2 quarts in all. Boil this mixture until it thickens, stirring all the time, then add the vegetables. Cook until heated through.

Mook Ginger.—Take 3 lb. vegetable marrow, 3 lb. loaf sugar, 1 oz. ground ginger, the rind and juice of 2 lemons. Peel the marrow, remove the seeds, cut it into slices about 1 inch thick and 3 inches long, cut the lemon rind very fine, strain the juice, and put all into a saucepan together, and cook without stirring till clear.

Nasturtiums Pickled.—Keep them a few days after they are gathered, then pour boiling water over them, and, when cold, cover. They will not be fit to eat for some months, but are then finely flavored.

Pickled Onions.—Skin the onions, fill the jars, and cover with salt and water in the proportion of 1 tablespoonful of salt to 1 pint of water. Let them stand 3 days to draw out the unpleasant odour. Boil together 1 quart vinegar, ¼ lb. of whole ginger, and ¼ lb. allspice for 5 minutes. Draw aside, and let it cool to the warmth of new milk. Pour water off onions, fill up with vinegar, and cork tightly. The onions will be ready for use in 10 days, and will keep good for 3 months.

Orange Preserve.—Scrape off the outer rind with a knife or bread grater, throw oranges into cold water; when all are so prepared set them on to boil in a large covered pot of water, put into it salt as if cooking vegetables. Boil until the oranges sink, then take up carefully and put into a pan of cold water, allowing them to stand until the following day, then weigh and cut into halves. To every 10 lb. of fruit allow 12 lb. of sugar and 8 breakfast cups of cold water; take off the seeds as they rise, and boil until the colour and consistency of honey; about 2 or 2½ hours is sufficient; 3 or 3½ doz. oranges weigh about 10 lb.

Paper for Fruit Jars.—Preserves and pickles keep much better if brown paper instead of cloth is tied over the jar; canned fruit is not so apt to mould if a piece of writ-

ing paper cut to fit the can is laid directly on the fruit. Paper is much better to put under a carpet than straw. It is warmer, thinner, and makes less noise when one walks over it.

Preserved Peaches.—Select fruit not too ripe, and peel. When making the syrup 1 lb. of sugar and 1 quart of water must be allowed for every 4 lb. of fruit. This must be boiled for 30 minutes, and the fruit placed in while still boiling, and allowed to remain until soft. The jars should be slightly warmed by being put in hot water before placing the fruit in them, and should be filled quickly, and made air-tight. This recipe has been successfully tried, the fruit keeping for 5 years.

Piccalilly.—Take 3 large cucumbers, 2 lb. onions, 2 lb. young beans, 1 cup plain flour, ½ cup mustard 1 cup sugar, 1 tablespoonful of turmeric, ½ oz. chillies, 2 quarts vinegar. Cut cucumber in halves, scrape out seeds, string beans, peel onions. Lay these in strong brine for 2 days, then take out and dry with cloth; put all into lined saucepan with vinegar and boil for ¼ of an hour, then mix other ingredients with a little cold vinegar, boil 5 minutes longer, and then put into jars or bottles. Any vegetable in season will answer same purpose.

Pickling Cauliflowers.—Take whitest and closest cauliflowers in bunches; spread on earthen dish, cover them with salt, and let stand 3 days to draw out all the water. Then put in jars, pour boiling salt and water over them, let stand over night; then drain with a hair sieve, and put in glass jars; fill up jars with vinegar; cover tight.

Pickled Cucumbers.—Get young cucumbers, wash and dry them, put in port-wine cask, cover with clean water in which salt, white pepper, and some dried chillies have been added. Keep them air-tight for 2 or 3 weeks. If unable to obtain wine cask, put them down in an air-tight jar with some vine-leaves.

Red Cabbage Pickled.—Slice it into a colander, and sprinkle each layer with salt; let it drain 2 days, then put into a jar, pour over boiling vinegar enough to cover, and add a few slices of red beet-root. Observe to choose the purple red cabbage. Those who like the flavour of spice will boil it with the vinegar. Cauliflower cut in branches,

and thrown in after being salted, will look of a beautiful red.

Pineapples Preserved.—Pare pine and remove the eyes. To each 1 lb. of pineapple allow ¾ lb. of sugar. Sprinkle sugar over pine, let stand aside over night. In morning put into saucepan, bring quickly to a boil, skim, and simmer slowly for ¾ of an hour. Put into jars and tie down when cold.

To Preserve Quinces.—Peel, quarter and core; boil until tender; skim out, and do not use the liquor they are boiled in, but use it for jelly; also the peels and cores. Make a syrup of the sugar, using lb. for lb.; add the quinces, a few at a time; boil until done; pour this syrup over the quinces. Make the juice jelly the usual way.

Raspberry Vinegar.—4 quarts of red raspberries, 2 quarts of vinegar; boil 20 minutes, strain it, add 1 lb. of sugar to a pint of juice; boil another 20 minutes, then bottle; it is then ready for use. It will keep years. A little in a glass of water is much relished by the sick.

Spiced Beef.—14 lb. of thick flank of rump beef, ½ lb. coarse sugar, 1 oz. saltpetre, ½ lb. pounded allspice, 1 lb. common salt, and 1 oz. peppercorns. Rub sugar well into meat and let it stand 12 hours, then rub in saltpetre and allspice (well pounded), and let it stand another 12 hours, then add salt. Turn daily in the liquor for a fortnight. Soak in water an hour or two, dry with a cloth, cover with a coarse paste, put a little water in the bottom of dish, and bake in a moderate oven for 4 hours. Be sure and cover well to keep in the juice. Turn once or twice when baking.

Tomato Chutney.—2 doz. tomatoes, ½ doz. green apples, 3 lemons, 2 cups of sugar, 1 lb. of raisins, ½ lb. salt, 1 oz. peppercorns, 1 oz. each of whole ginger and cloves, 1 doz. chillies, 3 bottles of vinegar, 1 teaspoonful cayenne pepper, tie the peppercorns, cloves, and ginger in a thin bag, cut tomatoes, lemons and apples into small pieces, then put all ingredients into a stew pan and boil about 2 hours.

Tomato Catsup.—Boil 1 bushel of tomatoes till they are soft; squeeze them through a fine wire sieve; add 1½ pints salt, 2 oz. cayenne pepper, and 5 heads of onions

skinned and separated; mix together, and boil till reduced one half; then bottle.

To Bottle Tomatoes Whole.—Select some tomatoes of equal size which are just ripe and perfectly sound, wipe them, and put them into glass jars which have been sterilised in boiling water, add a good teaspoonful of salt to each, and fill to overflowing with cold water. Wrap up the bottles to keep them from breaking, and place them in a boiler and fill it with cold water; let it boil up, and then simmer for half an hour. Screw on the tops or cork the bottles, and leave them in the water until it is cold. Run the handle of long silver spoon round the bottles, which should be very full, pour in a small quantity of melted wax, screw on the tops securely, or use wax for the corks, and when set, store in a dry, cool cupboard.

Tomatoes Pickled.—Take tomatoes which are turning ripe. Put in layers in a jar, with garlic, mustard-seed, horse-radish, and spices; fill up the jar, and occasionally add a little fine salt in proportion to the quantity of tomatoes. When the jar is full, pour on cold, good cider vinegar till all is covered, and cork up tight.

Tomato Sauce.—18 lb. tomatoes, 2 oz. salt, 2 oz. garlic, 2 oz. cloves, 2 oz. peppercorns, cayenne pepper, a few onions, 2 lb. brown sugar, 3 or 4 large apples, 1 quart of vinegar. Cut up the tomatoes, garlic, apples, and onions, and boil till tender. Then strain through colander, return to stewpan, add sugar, salt, vinegar, cloves, and peppercorns (tied up in a piece of net), and cayenne pepper to taste, and boil 5 or 6 hours, stirring occasionally to prevent it burning.

Pickled Walnuts.—Prepare a pickle of vinegar and spices, etc., using 2 oz. black peppercorns, 1 oz. allspice, 1 oz. bruised ginger, and 2 shallots to every quart of vinegar. Boil the whole for 10 minutes. Choose the walnuts when young and not woody, rub them with a cloth, prick each with a fork or pin, and put in a strong brine of salt and water (proportion, 1 lb. of salt to every quart of water). The brine must be cold when the walnuts are put in. Keep them in brine for 8 days, changing the brine every alternate day. Drain the walnuts after the 8th day. Expose them to the sun for 2 or 3 days until

they become perfectly black. Put them into jars, pour over sufficient of the prepared vinegar (hot) to well cover them, tie down with bladder or parchment, and keep in a dry place for 3 or 4 weeks. They will then be ready for use.

Sugar and Salt for Pickles.—Sugar in pickles of any kind is a great benefit; it not only gives a rich taste to the fruit, but it invigorates the vinegar and sustains its life. Salt is of no benefit to any fruit or vegetable to be made into pickles, save those like the cucumber or water-melon, composed of 90 per cent. water. The salt draws out the water and puts them in proper condition for the vinegar. If the water is not extracted by this means the vinegar will absorb it, and become greatly diluted, and the pickles will not be first quality. For this reason cucumbers for long keeping should be put down in dry salt; plenty of brine will be made by the juice of the vegetable.

SALADS AND DRESSINGS.

Cabbage Salad.—Chop the cabbage fine, sprinkle with salt, and let stand over night; beat 1 egg thoroughly, and add to ½ pint boiling vinegar; rub 2 tablespoonfuls mustard into more vinegar to form a smooth paste; add this to the boiling vinegar; pepper and sugar to taste. Let all come to boil, and pour over the cabbage, stirring thoroughly.

Celery Salad.—2 bunches celery, 1 tablespoonful salad oil; 4 tablespoonfuls vinegar; 1 small teaspoonful fine sugar; pepper and salt to taste. Wash and scrape celery; lay in ice cold water until dinner time. Then cut into inch lengths, add above seasoning. Stir well together with fork and serve in salad bowl.

Chicken Salad.—Cut meat from your cold chicken; add equal quantity of shred lettuce; when you have cut chicken into narrow strips 2 inches long, mix in bowl, and prepare following dressing: Beat yolks of 2 eggs, salt lightly, and beat in, few drops at a time, 4 tablespoonfuls salad oil; then, as gradually, 3 teaspoonfuls of extract

celery. The mixture should be thick as cream Pour over meat and lettuce. Stir up with fork; place salad in glass dish.

Cucumber and Onion Salad.—Pare cucumbers and lay in ice-water 1 hour; do same with onions in another bowl. Then slice them in proportion of 1 onion to 3 large cucumbers; arrange in salad bowl, and season with vinegar, pepper and salt.

Lettuce Salad.—2 tablespoonfuls of olive oil, 1 tablespoonful of vinegar, add a ¼ of a teaspoonful of French mustard, and salt. Mix well, and pour over the lettuce.

Lettuce Salad.—Use one-third as much salad oil as you do vinegar; pepper and salt to suit taste. Cut up young lettuce with sharp knife, pile in salad bowl; sprinkle with powdered sugar, pour rest of ingredients, mixed together, over salad. Stir up with fork to mix well.

Lettuce Salad.—Use only the tender leaves. Let them stand for ½ hour in cold water to become crisp. Rub the inside of the salad bowl lightly with an onion, wipe the lettuce leaves dry without bruising them, and arrange them in the bowl in circles, the heart leaves in the centre. Sprinkle over them a mixture of tarragon, parsley and chives, or, if not at hand, any one of these herbs chopped fine. Pour over all French dressing and toss the leaves lightly together.

Potato Salad.—Cut up a pint of boiled potatoes while hot, mix ½ teaspoonful of chopped onion and parsley, put all in a salad bowl. Make a dressing of vinegar, oil, pepper, and salt, pour over, mix well, allow it to set well, and serve very cold.

Tomato Salad.—Pare with sharp knife. Slice and lay in salad bowl. Make dressing as follows:—Work up saltspoonful each of salt, pepper, and fresh made mustard, with 2 tablespoonfuls of salad oil, adding only a few drops at a time, and, when thoroughly mixed, whip in with an egg beaten 4 tablespoonfuls of vinegar; toss up with fork.

Yorkshire Pudding.—¾ pint flour, 3 eggs, 1½ pints milk, pinch salt, 1½ teaspoonfuls baking powder: Sift flour and powder together, add eggs, beaten with milk,

stir quickly into rather thinner batter than for griddle cake, pour into dripping pan, plentifully spread with fresh cold beef drippings, bake in hot oven 25 minutes; serve with roast beef.

SAUCES.

Brown Sauce.—Tablespoonful of chopped onion and tablespoonful of butter in a saucepan on the fire. Let them both become brown. Add a tablespoonful of flour and brown that also. Stir all the time. Add a cupful of beef stock and cook until the sauce is a little thickened. Season with pepper and salt. Strain to remove the onion.

Butter Sauce.—Beat ½ a cupful of butter to a cream, add 1 cupful of sugar, and beat till very light foam. At least 10 minutes is required for the beating. Add nutmeg flavouring or any other desired.

Cream Sauce.—Bring two-third pint cream slowly to boil; set in stewpan of boiling water; when it reaches boiling point add sugar, then pour slowly on whipped whites of 2 eggs in bowl; add 1 teaspoonful extract vanilla, and use.

Custard Sauce.—1 pint milk, yolks 4 eggs, ½ cupful of sugar. Set over fire, and stir until thick.

Drawn Butter Sauce.—Melt 2 tablespoonfuls of butter without browning, add 1 tablespoonful of flour and stir until smooth, add 1½ cups of boiling water gradually, and cook until it thickens. Season with salt and pepper.

Caper Sauce.—Add 2 tablespoonful of capers to the above and cook until heated.

Shrimp Sauce.—Add to the above drawn butter sauce, the yolk of 1 egg, and 1 half-cup of shrimps cleaned and cut in pieces.

Duchesse Sauce.—Boil 2 oz. grated chocolate in ½ pint milk 5 minutes; strain on 2 yolks of eggs beaten with ½ gill cream, and ½ cupful sugar; strain, return to fire, stir until thick as honey; remove, and add 1 teaspoonful extract vanilla.

Lemon Sauce.—Boil 1 cupful sugar and 1 cupful water

together 15 minutes, then remove; when cooled a little, add ½ teaspoonful extract lemon and 1 tablespoonful lemon juice.

Milk Sauce.—Take 1 pint of milk, 2 tablespoonfuls of sugar, ½ a tablespoonful of vanilla or nutmeg to taste. Mix, stir well to dissolve the sugar.

Mushroom Sauce.—Wash, peel and quarter a cupful of fresh mushrooms; roll in flour, and cook for 5 minutes in 2 tablespoons of butter with a little chopped onion; then add 1 pint of brown sauce made of one-fourth of a cup of butter, one-third of a cup of flour and one pint of brown stock. Season with salt and pepper. Cook for five minutes and serve.

Parsley Sauce.—Pound the required quantity of parsley, and put it into a saucepan with some good mutton broth; simmer for ¼ of an hour, and run it through a sieve. Thicken with butter rolled in flour, and just before sending it to table stir in a little lemon juice.

Spice Sauce.—Set on fire ¾ pint of water, 1 cupful sugar; boil 20 minutes, remove from fire and add 1 teaspoonful each extract cloves and ginger.

Tomato Sauce.—Pare, slice and stew tomatoes for 20 minutes, strain and rub through a sieve, leaving hard and tough parts behind. Put into saucepan with a little minced onion, parsley, pepper, salt and sugar. Bring to boil; stir in good spoonful butter rolled in flour. Boil up and serve.

Vanilla Sauce.—Put ½ pint milk in small saucepan over fire; when scalding hot, add yolks 3 eggs; stir until thick as boiled custard; add, when taken from the fire and cooled, 1 tablespoonful extract vanilla, and white of eggs whipped stiff.

Foamy Sauce.—Beat the whites of 2 eggs to a foam but not to a stiff froth, and slowly add a cupful powdered sugar and a little grated lemon rind. Turn over this, stirring continually, a cupful of boiling milk, and lastly add the juice of a lemon, when it is ready to serve.

Golden Sauce.—Beat a heaping tablespoonful of butter into a cupful of powdered sugar until light; stir into this the yolks of 3 eggs and 3 tablespoonfuls of milk or cream,

and add the stiffly beaten whites of the eggs. Set the bowl in which the sauce is being made into a kettle of boiling water, and stir the contents until it thickens, but no longer. A teaspoonful of vanilla or the grating of part of a lemon may be added when the sauce is done.

Hard Sauce.—Have in readiness a warm but not hot bowl, and in it place a teacupful of powdered sugar, a ¼ of a cup of butter, a teaspoonful of vanilla extract or the grating of a lemon or, perhaps, a little nutmeg and ½ a teaspoonful of powdered cinnamon, and beat until well creamed. Arrange the sauce upon a pretty dish and set it in a cool place until required. This sauce may be used with hot pudding of any kind.

SPICED FRUITS.

Pickled Peaches or Pears.—1 quart vinegar to 4½ lb. sugar, ½ lb. sugar to little over 1 lb. fruit; place all the sugar and vinegar over the fire till it comes to a boil; then lay a layer of fruit and cook it until soft enough to run a fork through; then remove the fruit and fill the same way until all are done; the syrup needs no more cooking; before cooking the fruit, stick 4 cloves in each.

Spiced Peaches.—7 lb. fruit, 1 pint vinegar, 3 lb sugar, 2 oz. cinnamon, ½ oz. cloves. Scald together sugar, vinegar and spices; pour over the fruit. Let stand 24 hours; drain off, scald again and pour over fruit, letting it stand another 24 hours. Boil all together until fruit is tender. Skim it and boil liquor until thickened. Pour over fruit and set away in jar.

Spiced Grapes.—7 lb. grapes, 3 lb. sugar, 1 pint vinegar, 1 tablespoonful cloves, 1 tablespoonful cinnamon.

Spiced Tomatoes.—20 lb. ripe tomatoes scalded and peeled, 2 quarts vinegar, 8 lb. sugar, 4 tablespoonfuls each of cinnamon, cloves, and allspice. Boil till thick, stirring often.

PASTRY.

Flour.—Should always be sifted just before using.

Butter and Sugar for Cake.—Should always be beaten to a cream.

Eggs.—Beat yolks until you can take up a spoonful; whip whites to stiff froth, and stir them into cake with the flour the last thing before putting cake into tins.

To Boil a Pudding in a Bag.—Dip bag (which should be made of thick cotton or linen) in hot water, and rub the inside with flour before putting in the pudding; when done dip bag in cold water and the pudding will turn out easily. Always put a plate on bottom of kettle to keep pudding from burning.

To Steam a Pudding.—Put it into tin pan or earthen dish, tie a cloth over top and set it into a steamer; cover the steamer closely; allow a little longer time than you do for boiling.

To Make Crust for Pies, Tarts, and Puddings.—Make pastry with clean, cold hands. Dip your hands in cold water (after washing them in hot water)before you begin, or your crust will not be good. Crust may be made of butter or clarified drippings or lard; butter is better and costs but a trifle more. Look to the oven; if it is too cold it will make your crust heavy, if too hot it will burn it. Try it by baking a tiny piece of crust in it first. Make a little hole in the top crust of meat pies to let out gas.

Apple Sauce.—Ready for table use or pies, may be preserved by putting in hot jars and sealing at once. Remember cold fruit requires cold jars, hot fruit hot jars.

Weights and Measures.—1 cup, medium size, ½ pint, or ¼ pound.

4 cups, medium size, of flour weigh 1 lb.
1 pint flour weighs ½ lb.
1 pint white sugar weighs 1 lb.
2 tablespoonfuls of liquid 1 oz.
8 teaspoonfuls of liquid 1 oz.
1 gill of liquid 4 oz.
1 pint of liquid 16 oz.

Apple Meringue.—Spice and sweeten apple sauce; beat in 2 or 3 eggs. Pour into pudding dish, bake quickly. When well crusted over, cover with meringue made by whipping whites of 3 eggs with a little sugar. Shut oven door and tinge slightly.

Bath Buns.—½ cupful butter, ½ cupful sugar, 2 eggs, 1½ teaspoonfuls baking powder, ½ cupful candied lemon peel cut in small thin slices, 1½ pints flour, ½ pint milk. Rub the butter and sugar to a smooth, light cream, add the eggs, beat a few minutes longer, then add the flour with the powder sifted in it, the lemon-peel and milk. Mix into a moderately firm batter, lay greased muffin rings on a greased baking tin, and put a large spoonful into each. Sift sugar on them, and bake 15 minutes in a hot oven.

Batter Pudding, Boiled.—1½ cupfuls flour, 1 teaspoonful baking powder, ½ teaspoonful salt, 1 tablespoonful butter, 10 drops extract nutmeg, 2 eggs, 1 pint milk. Sift flour, salt, and powder together; rub in butter cold; add eggs, beaten, and milk; mix into batter as for muffins; pour into well buttered mould; set in saucepan, with boiling water two-thirds up sides of mould; steam one hour, and serve with spiced sauce.

Bread and Butter Pudding.—Put slices of bread and butter into a piedish, use 2 oz. currants, a portion sprinkled between each layer and on the top; pour a beaten egg and 1½ oz. sugar in 1 pint of milk over the bread and butter, and bake in a moderate oven about 1 hour. This pudding is better for standing a little time after it is made before being baked.

London Buns.—Rub ¼ lb. butter or dripping into 1 lb. flour, add ¼ lb. sugar, 2 oz. candied peel cut up finely, lemon rind grated, 2 teaspoonfuls baking powder, 2 eggs, well beaten, and with sufficient milk to mix to a nice stiff paste. Knead very lightly, make into buns, and bake in a quick oven for about 20 minutes.

Coffee Cake.—1 cupful very strong coffee, 1 cupful butter, 2 cupfuls sugar, 3 eggs, 1½ pints flour, 1½ teaspoonfuls baking powder, 1 cupful stoned raisins cut in two, ½ cupful chopped citron, 10 drops each extract allspice and nutmeg, and ½ cupful milk. Rub the butter and sugar to a

white cream; add the eggs, 1 at a time, beating 3 or 4 minutes between each. Sift together flour and powder, which add to the butter, etc., with the coffee, raisins, citron, milk, and extracts. Mix into a smooth batter. Bake in paper-lined cake tin in a hot oven, 50 minutes.

Chocolate Cream Cake.—1½ lb. each butter, sugar and flour, 14 eggs. Beat the yolks separate with sugar and butter. Beat the whites separately, and add to above. To ½ of the dough mix ¼ lb. chocolate, and bake of each part (the dark and light) 6 cakes. In place of jelly, put ¾ pint of cream and yolks of 8 eggs. Sugar to taste, flavour with extract vanilla. Put on fire and stir until it thickens, then put between the cakes.

Cup Cake.—1 cupful butter, 2 cupfuls sugar, 4 eggs, 1 teaspoonful baking powder, 3 cupfuls flour, 20 drops extract bitter almonds. Rub the butter and sugar to a cream; add the eggs, 2 at a time, beating it 5 minutes between each addition. Sift together the flour and powder, which add to the butter, etc., with the extract. Mix into a smooth, medium batter; bake in well greased cups or muffin pans, in a rather hot oven 20 minutes.

Crullers.—1 quart flour, ½ cupful lard, ½ cupful butter, 1 cupful sugar, 1½ teaspoonfuls baking powder, ¾ pint milk, 2 eggs, 1 teaspoonful extract nutmeg. Sift the flour, sugar, and powder together; rub in the lard and butter, add the beaten eggs, extract, and milk. Mix into a smooth dough, and just soft enough to handle conveniently. Roll out with the rolling pin on a well floured board; cut into strips about ½ inch square, twist in different shapes, and fry to a light brown colour in plenty hot lard. Serve with sifted sugar.

Custard Pudding.—1½ pints milk, 4 eggs, 1 cupful sugar, 2 teaspoonfuls extract vanilla, and pinch of salt. Beat eggs and sugar together; dilute with milk and extract; pour into buttered pudding dish, set in oven in dripping pan, two-thirds full of boiling water; bake until firm. about 40 minutes in moderate oven.

Currant Cake.—1 cup each of sugar, butter and currants, 2 cups flour, 2 oz. peel, ½ a teaspoonful baking powder, 3 or 4 eggs, 1 at a time, beaten well, then the baking powder, flour, peel and currants. Bake 1 hour or little less in a moderate oven.

Gingerbread.—1 cupful brown sugar, and 3 tablespoonfuls butter, stirred to a cream; add 1 cupful molasses, 2 eggs, mix well, stir dry 2 teaspoonfuls baking powder in 2½ cups of flour, put in ginger or spice to taste, bake in 1 loaf 1 hour.

Gingerbread.—Put a cup of treacle, a ¼ lb. butter, and a cup of milk into a saucepan. Put it on the fire, but do not boil. Stir till dissolved, then pour into a basin, into which has been sifted 3 cups of flour, a tablespoonful of ginger, a teaspoonful of carbonate of soda, and a pinch of salt. Mix well; pour into a well buttered, deep baking tin, and bake for about ¾ of an hour.

Gingerbread.—Use 1 cupful of sour milk, 1 cupful of molasses, ½ cupful of butter, 2 eggs, 1½ teaspoonfuls of saleratus, 1 tablespoonful of ginger, flour to make as thick as pound cake. Warm the butter, molasses and ginger, then add the eggs, milk, flour and saleratus, and bake as quickly as possible.

Drop Cake.—1 cupful butter, ½ cupful sugar, 2 eggs, 1 small teaspoonful baking powder, 1 pint flour, 1 cupful washed and picked currants, 1 teaspoonful each extract nutmeg and lemon, ½ cupful milk. Rub the butter and sugar to a light white cream, add the eggs, beat 10 minutes longer, add the flour and powder sifted together, the milk and extract; lay on a greased baking tin sheet. Bake in a quick oven 10 minutes.

Ginger Snaps.—½ cupful lard, ½ cupful butter, 1 large cupful brown sugar, 1 cupful water, 1 tablespoonful extract ginger, 1 teaspoonful each extract cinnamon and cloves, 1 quart flour, 1½ teaspoonfuls baking powder. Rub to a smooth paste the lard, butter and sugar; then rub it into the flour and powder sifted together. Mix into a firm dough with the flour and extracts. Roll out the dough thin on a floured board, cut out with a round biscuit cutter, and bake on greased pan in a hot, steady oven 8 minutes.

Ginger Drop Cakes.—Thoroughly beat 3 eggs. Take 5 cups of unsifted flour and add 1 cup of molasses, 1 cup brown sugar, 1 large teaspoonful of ginger, 1 cup of lard, 1 cup of seeded raisins and thoroughly mix. Add 1 large tablespoonful of soda dissolved in 1 cup of boiling water, then add the eggs and mix all thoroughly. Drop table

spoonfuls of the mixture in a greased pan, 3 inches apart, and bake.

Jumbles.—1 cupful butter, 1 cupful sugar, 4 eggs, 2 cupfuls flour, ½ teaspoonful baking powder. Rub together the butter and sugar; add the beaten eggs and flour, sifted with the powder; flour the board, roll out the dough rather thin, cut with jumble cutter, or any you may have; roll in sugar, lay out on greased tin; bake in fairly hot oven 10 minutes.

Madeira Cakes.—Take ¼ lb. flour, 1 teaspoon baking powder, 2½ oz. butter, 2½ oz. sugar, 2 eggs; cream the butter, add the sugar, then the flour and baking powder, then add the well-beaten eggs and flavouring, and bake in patty-tins about a ¼ of an hour. Currants or candied peel may be added if liked.

Lemon Cake.—1 cupful butter, 2 cupfuls sugar, 7 eggs, 1½ pints flour, 1 teaspoonful baking powder, 1 teaspoonful extract of lemon. Rub to a light cream the butter and sugar, add the eggs 2 at a time, beating 5 minutes between each addition, add the flour sifted with the powder, and the extract, mix into a medium batter. Bake in paper-lined tin in a moderate oven 40 minutes.

Lemon Pudding.—2 stale Sally Lunn muffins or bread, juice 2 lemons, 1 teaspoonful extract lemon, 1 cupful sugar, 4 eggs, 1 tablespoonful butter, 1 pint milk. Grate muffins, put in bowl, pour in milk, boiling, cover with plate, set aside for thirty minutes, then add sugar, butter, beaten eggs, extract, and juice; mix together, and pour into well buttered pudding dish; bake in rather hot oven 45 minutes; serve with lemon sauce.

Molasses Pie.—Mix together 2 teacupfuls of molasses, 1 cupful of sugar, 3 eggs, 1 tablespoonful of melted butter, 1 lemon and some nutmeg, and bake in a deep plate lined with paste.

Molasses Cake.—Put together 2 teacupfuls of molasses and 1 cupful of butter and heat them enough to soften the butter; remove from the fire and add a teaspoonful each of powdered ginger and cinnamon, and ½ teaspoonful of cloves, then 3 well beaten eggs. When well mixed, add alternately, in small quantities, 3 cupfuls of flour and 1

cupful of boiling water in which have been dissolved 3 teaspoonfuls of baking soda.

A Nice Tea Cake.—1 cup of sugar, ½ a cup melted butter, 1½ cups milk, 2 teaspoonsful cream of tartar, 1 teaspoonful carbonate of soda, sufficient flour to make a thick batter. Put the cream of tartar, soda and sugar into the flour, sift it into the mixing bowl, put the butter in a cup and place on a stove to melt; when it is melted strain it into the dry ingredients and add the milk cold, and mix all thoroughly together. It should be thick enough not to run off the spoon. Pour into a dish and bake in a hot oven for 20 minutes.

Sweet Potato Buns.—3 large sweet potatoes, 1½ pints flour, pinch salt, 1½ teaspoonfuls baking powder, 1 pint cream. Boil potatoes tender, rub them very fine with cream. Sift together flour, salt, and powder; add to potato preparation; mix into rather firm, smooth dough; form into round pieces size of small egg; lay on greased tin baking sheet; bake in hot oven 20 minutes.

Sweet Potato Pie.—1lb. of steamed and finely-mashed sweet potatoes, 2 cupfuls of sugar, 1 of cream, ½ cupful of butter, and 3 well-beaten eggs, flavour with lemon or nutmeg, and bake in a shell of paste.

Silver Cake.—Take ½ cupful of butter, 1½ cupfuls of sugar, ½ cupful of milk, 2½ cupfuls of flour, 4 eggs (whites), 2 teaspoonfuls of baking powder. Place the ingredients together the same as for loaf cake, adding the whites of the eggs, well beaten, at the last. Bake in a well-buttered tin for 40 minutes.

Scones.—1lb. flour, 2 teaspoonfuls cream of tartar, 1 teaspoonful carbonate of soda, 1 saltspoonful of salt, 1 teaspoonful of sugar; sift all into a bowl and work in 1 tablespoonful of butter. Mix into a light dough with either sour or fresh milk. Handle lightly and quickly as possible, roll out, cut in pieces, and bake in a hot oven for 15 minutes. Brush over with milk or beaten egg before placing in the oven.

Soda Cake.—Take 1lb. flour, ¼ lb. butter, rubbed together until quite fine, add ½ lb. moist sugar; ½ lb. currants or raisins, a little grated nutmeg, 2 beaten eggs, some salt, and ½ a pint warm milk with a teaspoonful of

carbonate of soda dissolved in it. Beat the mixture very well ,and bake in a quick oven 1½ or 2 hours.

Sultana Cake.—½ lb. of flour, of butter, sugar and sultana raisins 4 oz. of each, 1 oz. of candied peel, 2 eggs, a teaspoonful of baking powder, 2 or 3 tablespoonfuls of milk, lemon essence. Cream the butter and sugar, add the raisins and the yolks of the eggs; beat well; add the peel finely shredded, then the flour. Mix well; and lastly add the stifly whipped whites of eggs very lightly, and the milk. Pour into a well-buttered cake tin, and bake in a steady oven about 1½ hours.

Pancakes.—Put 6 oz. flour into a large basin, beat 2 eggs and add milk to them, and pour a little of this mixture upon the flour, mix to a smooth paste, and add rest of ½ pint of milk gradually, with pinch of salt. Let the batter stand for some length of time before cooking it. By standing several hours before needed it will be much lighter. Put 1 oz. lard into a thoroughly hot frying pan, pour in sufficient batter to cover the bottom of the pan, and fry a nice brown on both sides. Lift out on a hot plate, and drain the fat away. Serve hot, sprinkle sugar over and squeeze on lemon juice.

Poor Man's Pudding."—½ cupful suet, chopped; ½ cupful seeded raisins, ½ cupful currants, washed and picked, 1½ cupful grater corn muffins or bread, 1 cupful flour, 1 teaspoonful baking powder, ½ cup brown sugar, 1 pint milk. Mix all well together, put into well greased mould, set in saucepan with boiling water to reach half up sides of mould; steam 2 hours; turn out on dish, carefully; serve with butter and sugar.

Rice, Tapioca, and Sago Pudding.—2 small tablespoonfuls of rice, sago, or tapioca, 1 tablespoonful sugar, 1 tablespoonful of finely chopped suet or a little butter, 1 pint of milk, pinch of salt. Put in a greased pie-dish and allowed to cook in a cool oven for about 2 hours. A beaten egg may be added with advantage, especially in the sago and tapioca pudding.

Sweet Scones.—Mix 1 lb. of flour, 1 oz. of baking powder, a teaspoonful of salt, and 2 oz. of butter. Moisten with a little milk, shape into small cakes, brush over with some sweetened milk, and bake for 20 minutes.

Potato Scones.—Mash ½ lb. of cold potatoes, add a pinch of salt and as much dried flour as the potato will take up, taking great care not to let the flour get lumpy. Add as much milk, mixed with a little cream, as will form the whole into a stiff dough, roll out very thin on a floured board, and cut into rounds with a tin cutter, prick with a fork. Bake on a very hot griddle for about 7 minutes, turning when half-cooked. Serve hot, spread with butter.

Spice Cake.—1 cupful butter, 1 cupful brown sugar, 1 pint flour, 2 teaspoonfuls baking powder, 1 teaspoonful each caraway and coriander seeds, 1 teaspoonful each extract nutmeg, cinnamon and ginger, 1 cupful milk. Sift flour, sugar and powder together; rub in butter; add milk, seeds, and extracts; mix smooth into batter of medium thickness; fill greased patty pans two-thirds full; bake in hot oven, 8 or 10 minutes.

Sponge Cake.—2 cupfuls sugar, 7 eggs, 1 cup flour, 1 teaspoonful baking powder, 1 pinch salt, 1 teaspoonful extract lemon. Whip sugar and eggs together until thick and white; add flour, sifted with powder, and salt, and the extract; mix together quickly, bake in tin, lined with buttered paper, in hot oven, 35 minutes.

Sweet Potato Pudding.—6 good sized potatoes, grated raw; 1 tablespoonful of butter, 1 tablespoonful of lard, 1 pint molasses, 3 tablespoonfuls brown sugar, 1 pint molasses, 3 tablespoonfuls each cloves, allspice and ginger, 2 teaspoonfuls salt; water to make a soft batter; stir 2 or 3 times while baking; bake slowly for 2 hours.

Tea Cake.—½ cupful butter, 1½ cupfuls sugar, 1½ pints flour, 1½ teaspoonfuls baking powder, 1 teaspoonful extract nutmeg. Sift flour, sugar, and powder together; rub in butter cold; add milk and extract; mix into dough soft enough to handle easily; flour the board, roll out dough to the thickness of ½ inch; cut out with biscuit cutter; lay on greased baking tin, wash over with milk; bake in hot oven 20 minutes.

BEVERAGES.

An American Drink.—Pour the juice of a lemon into a pint of water, in which an ounce of sugar has been dis

solved; then add the white of an egg and beat to a froth. It may be iced.

Apricot Cordial.—A very nice cooling drink can be made by peeling about ½ doz. nice ripe apricots; take out the stones, and pour on one quart of boiling water, and 6 oz. of castor sugar; let it stand for 2 hours, and then strain through very fine muslin.

Blackberry Cordial.—Simmer blackberries till they break; strain, and to each pint of juice put 1 lb. of white sugar, ½ oz. cinnamon, ¼ oz. mace, 2 teaspoonfuls extract cloves. Boil 15 minutes. Other fruit cordials in the same way.

Dandelion Beer.—Boil in 2½ gallons of water 1 oz. of dandelion leaves, 2½ oz. of ginger root, and a ¼ oz. hops. Strain thoroughly, and then boil with 1½ lb. of sugar and 1 oz. of Spanish juice. Allow this to ferment for 24 hours, and then bottle for use.

Dandelion Wine.—Pour a gallon of boiling water over 2 quarts of dandelion flowers, and let it stand for 24 hours; then strain, and add 2 lb. of white sugar and 2 lemons. Boil to 3 quarts, strain once more, let it stand for 2 or 3 days, and bottle.

Effervescent Draught.—Squeeze the juice from a lemon, strain and add to a tumbler of cold water with a little powdered sugar; put in half a teaspoonful of bi-carbonate of soda; drink while effervescing.

Ginger Beer.—3 gallons of boiling water, 3 lb. of brown sugar, 2 oz. of powdered ginger, 1½ oz. of cream of tartar, 2 lemons, cut in slices. Put all except the yeast in a cask or jar. Cover with a cloth. When cool, add 1½ pint of yeast. Let it stand 24 hours; then strain and bottle it. Tie the corks down with wire. It will be ready for use in 3 or 4 days.

Clear Ginger Beer.—To 3 gallons of water add 3 lb. of loaf sugar and 3 oz. of powdered ginger; boil for 1 hour. When it is cold, add the juice and peel of 5 lemons and a quarter of a teacupful of yeast on a slice of toast. Let the liquor stand in a tub covered with a thick cloth for 2 or 3 days; then strain carefully through a cloth and bottle it. In 4 or 5 days it will be ready for use. If desired, it

should be strongly flavoured with ginger, increasing that ingredient according to taste.

Ginger Beer Powder.—Take 1 lb. of icing sugar, ½ lb. of tartaric acid, 3½ oz. of carbonate of soda, ½ oz. of powdered ginger, and about ½ a teaspoonful of essence of lemon. Mix all together, and sift three times through a fine sieve.

Gingerette, or Ginger Syrup.—Boil 8½ lb. of sugar with a good pinch of cream of tartar in 1 quart of water. Boil slowly, and when it comes to the boil remove from the fire, and add 2 liquid ounces of soluble essence of ginger, and ½ oz. of tartaric acid; strain and bottle for use. One or two teaspoonfuls or more, according to taste, of the syrup is put into a tumbler and hot or cold water poured over it.

Gingerade.—Dissolve 3 lb. of loaf-sugar in 2 gallons of water; then add the well-beaten whites of 3 eggs, and 2 oz. of ground Jamaica ginger; it is well to moisten the ginger before adding it to the whole with just a little water. Now place this over the fire in a porcelain kettle, bring slowly to the boiling point, skim and stand aside to settle; when cold, add the juice of 1 large lemon and a ½ of yeast-cake, dissolved in 2 tablespoonfuls of warm water; mix thoroughly and strain. Fill into bottles, cork tightly and tie the corks, stand at once in a cool place. It will be ready to use in about 2 days.

Hop Beer.—2 quarts of dry hops, 1 quart of molasses, 3 tablespoonfuls of ginger, 12 quarts of water, 1 cake of compressed yeast, 1 tablespoonful of wintergreen essence. Steep the hops very slowly for 2 hours in 2 quarts of water; then strain, and add the rest of the ingredients, adding the water first to make the whole tepid before adding the yeast-cake, which will dissolve in the water. Let all stand in an earthen jar for 12 hours; then strain, and bottle tightly. This is a pleasant drink, and a tonic as well.

Honey Mead.—Boil 14 lb. of honey in 6 gallons of water for ½ hour, breaking into it 4 eggs, ½ oz. each of cinnamon, cloves, mace, and bruised ginger, and boil for a ¼ of an hour longer. Pour it out to cool, and then toast a large slice of brown bread, spread it over with fresh yeast, and put it in to the liquor. Let it ferment for a day, then

turn it into the cask. Keep it open until fermentation has cleared, then bung close. It may be bottled in a month, and the corks should be secured tied or wired, as mead thus made is sparkling and effervescent.

Hop Beer.—To make 3 gallons—12 oz. hops, 6 oz. white sugar, 3 gallons water; boil 20 minutes, then add 3 lb. brown sugar; allow sugar to melt and then strain into keg; when nearly cold, add about 2 tablespoonfuls of brewer's yeast; let it work for 3 days, filling the cask up every morning with warm water. On the third day dissolve a pinch of gelatine with boiling water and pour into the cask; add a few raisins, and bung down. Ready for use in 3 or 4 days.

Hop Bitters.—Pour 1 quart of boiling water on 2 oz. of hops and infuse for 24 hours. The usual dose is a wine glassful half an hour before meals.

Hopkos in a Most Refreshing Teetotal Beverage.—Boil ¾ of an oz. of hops and ½ oz. of ginger in a quart of water for ½ hour, add 1 lb. of brown sugar. Boil for 10 minutes longer, and add 5 quarts of boiling water. Bottle when cold and it will be ready for drinking at once.

A Good Horehound Drink.—Boil ½ ozz. of bruised ginger and the same quantity of dried horehound in 1½ gallon of water for ½ hour. Add about 1 lb. of brown sugar, and boil 10 minutes more. Then strain and bottle whilst hot, and it will be ready to drink when cold.

Imperial Pop.—4 oz. loaf sugar, one oz. of cream of tartar into a basin, pour 7 pints of boiling water, and drink when cold.

Indian Syrup.—Mix 5 lb. granulated sugar and 2 oz. of citric acid in a gallon of boiling water, and when cold, add ½ a drachm of essence of lemon and ½ a drachm of spirits of wine. Stir well, and bottle. Two tablespoonfuls of this syrup in a glassful of water will make a delicious warm weather beverage.

Concentrated Lemonade.—Make a rich syrup of 2½ lb of sugar and a pint of water, and pour it hot over 1½ oz. of citric acid. Bottle, and cork tightly while hot. One tablespoonful of the syrup, which is a good substitute for lemon juice, will make a glassful of excellent lemonade.

Lemonade.—Take 6 lemons and roll briskly back and forth upon the table, slice thin in an earthen vessel, put over them 2 teacupfuls of white sugar; let stand 15 minutes, add 1 gallon of water and lumps of ice; pour into pitcher and serve. Some add soda after the glasses are filled, and stir rapidly for "sparkling lemonade."

Lemonade.—Take 2 lemons (large ones), 1 quart boiling water, and 2 oz. loaf sugar; peel the lemons thinly, and rub the sugar on the outside of lemons till all the essential oil is extracted, put half the rind and the juice and sugar into a jug, pour on the boiling water, place a cloth lightly over the top, and leave till cold, when immediately strain through muslin, or it will be bitter.

Lemonade.—6 lemons, 2 lb. lump sugar, 2 oz. tartaric acid, a quart of boiling water. Peel the lemons thinly, and rub some of the sugar on the lemons after peeling to extract the flavour. Put the sugar and beer in a jug, pour in the boiling water; squeeze the lemons, and add the tartaric acid to the juice. Mix all together, strain, and when cold put into bottles for use.

Still Lemonade.—Place 2 tablespoonfuls of castor sugar in a jug that will hold about 3 pints, add to it ½ a teaspoonful of tartaric acid, the juice of ½ a lemon, and fill up with cold water. Stir, and the lemonade is ready for use, but will be improved by the addition of a lump of ice.

Lemonade Without Lemons.—This is a very good kind to make for bottling, and will keep for some time. Two or three teaspoonfuls added to a tumbler of water makes a most refreshing lemon squash. Take 5 lb. of loaf sugar and 1 quart of cold water and let it boil gradually. When quite boiling, add 1 oz. of citric acid and 2 drachms of essence of lemon. When this is quite cold bottle for use

Lemon Syrup.—Grate off the yellow rind of 6 fresh lemons, and beat it up with 3 tablespoonfuls of granulated sugar. Express the juice from the lemons, and to each pint of juice add a pint of water and 3½ lb. of granulated sugar, including that rubbed up with the rind. Place all in a porcelain-lined pan, set it on the back of the range, and stir the liquid continually until the sugar has all dissolved. Then strain the syrup, and bottle.

Lemon Syrup.—Take 4½ lb. white sugar, 4½ pints of water, add together and bring to the boil; then add 2½ oz. of tartaric acid and 2 oz. of cream of tartar, boil again for 10 minutes, then remove from fire; when nearly cold stir in a dessertspoonful of good essence of lemon; lay aside to settle, and when settled strain through muslin, bottle and cork.

Lemon Syrup.—Put a pint of fresh lemon juice to 1¾ lb. of lump-sugar; dissolve it by a gentle heat, skim it till the surface is quite clear; add 1 oz. of thin-cut lemon-peel; let them simmer (very gently) together for a few minutes, and run it through a flannel. When cold bottle and cork it closely, and keep it in a cool place.

Lemon Squash.—Put into a tall tumbler the juice of a lemon, a lump of ice, a teaspoonful of sugar. Fill up 3 parts full with soda. Add a strawberry, a cherry, or a little piece of pine, and serve.

Preserved Lemon Juice.—To every 1 lb. of white sugar add the strained juice of 4 lemons. Grate the rinds and add them to the mixture. Preserve in glass cans. A tablespoonful will make a glass tumblerful of lemonade.

Lemon Sherbet.—For this take a pint of sugar, a quart of water, a tablespoonful of gelatine and the juice of 5 lemons. Place the gelatine to soak in a little water. Boil a cupful of the water, and dissolve the gelatine in it. Mix the sugar, water, gelatine and lemon juice together, and freeze. This makes a most delicious sherbet.

Nectar.—Take 1 lb. of chopped raisins and 2 lb. of loaf-sugar and place them in a pot. Pour 1 gallon of boiling water upon them. The next day, when it is cold, slice 1 lemon into it. Let it stand 5 days, stirring it twice a day. Then let it stand 5 days more to clear. Bottle it, put it into a cold cellar for 10 days, and it will then be an excellent drink.

Orange Drink.—Use ripe, thin-skinned oranges Squeeze the juice through a sieve. To every pint of juice add 1½ lb. of sugar. Boil and skim as long as scum rises, then take it off and bottle. A little of this in a glass of ice-water makes a delicious, wholesome drink.

Orange Syrup.—This syrup should be made when oranges are cheapest. Select ripe and thin-skinned fruit;

squeeze the juice, and to every pint, add 1¼ lb. of white sugar; boil it slowly, and skim it as long as any scum rises; you may then take it from the fire, let it grow cold, and bottle it. Be sure to secure the corks well. This is a nice summer drink for delicate persons; it is also very convenient for pudding-sauces, as half a cup of this syrup, mixed with melted butter, is admirable where wine is not used. The flavor is so fine that it requires very little spicing to make it agreeable.

Orange Sherbet.—5 quarts of water, 4 lb. granulated sugar, 4 beaten eggs, juice and grated rinds of 4 oranges, and lemon should not be added until the mixture begins add water, and grated rinds; the strained juice of oranges to freeze, place in freezer and freeze.

Orange Wine.—Select perfectly ripe oranges. Peel them and cut in half crossways of the cells; squeeze with a press to extract the juice and see that the press is close so that the seeds do not go through. Add 2 lb. of sugar to each gallon of Seville orange juice and 1 lb. of sugar to each gallon of sweet orange juice. When the juice is mixed with the sugar, add 1 quart of water to each gallon. For this wine close fermentation is necessary.

Raspberry Cordial.—To 3 quarts of raspberries add 1 quart of vinegar; let all stand in a stone jar for 3 days, mash thoroughly, strain, and to every pint of liquor add 1 lb. of granulated white sugar, set in a cool place, and stir occasionally. When the sugar is dissolved, strain and bottle. For a drink mix with iced water to suit the taste.

Sherbet.—Mix ½ lb. of sugar and 60 drops of essence of lemon, and dry thoroughly, add ¼ lb. of tartaric acid, ¼ lb. carbonate of soda, and pass all through a fine sieve; bottle, and cork very tight, and this will form a capital refreshing summer drink. One teaspoonful to a tumbler-ful of water.

Soda Beer.—2 lb. of white sugar, whites of 2 eggs, 2 oz. of tartaric acid, 2 tablespoonfuls of flour, 2 quarts of water and juice of 1 lemon, boil 2 or 3 minutes, and flavor to taste. When wanted for use, take ½ a teaspoonful of soda, dissolve in ½ a glass of water, pour into it about 2 tablespoonfuls of the acid, and it will foam to the top of the glass.

Soda, Cream.—Dissolve 2½ lb. of white sugar and 2 oz. of tartaric acid in a quart of hot water, when cold, add the beaten whites of 3 eggs, stir well, and bottle for use. Place 2 tablespoonfuls of this syrup in a glass of cold water, and stir in a ½ of a teaspoonful of bicarbonate of soda. Any flavor desired my be added to the syrup. This produces an excellent summer drink.

CANDIES.

General Directions.—In making candies granulated sugar should be preferred. For dark nut candies, caramels, toffee or molasses candy that is to be pulled, the best brown and yellow sugars should be used; and this can also be used for hard candies that are to be coloured. Candy should not be stirred while boiling. Cream tartar should not be added until syrup begins to boil. Butter should be put in when candy is almost done. Flavours are more delicate when not boiled in candy, but added afterward.

Acid Drops.—1 lb. sugar (loaf), 1 cup water, 1 tablespoonful vinegar, 6 drops essence lemon, ¼ oz. tartaric acid. Put sugar, water, and vinegar in a saucepan and boil till it snaps like glass; add essence lemon and acid, mix well, turn out, and cut into small bullets.

Almond Toffee.—Melt ½ cupful of butter in a saucepan, and add 2 cupfuls of sugar. Boil until nearly done, when add a cupful of blanched and pounded almonds, and continue the boiling until the candy will snap when tested. Pour upon a buttered dish or shallow pan, and divide into squares when cool.

French Almond Rock.—2 lb. loaf sugar, ½ teaspoon cream of tartar, ½ pint of cold water. Boil all together about a ¼ of an hour or more until it just turns slightly yellow (don't stir); then add ½ lb. of sweet almonds, previously blanched and split in half. Add the almonds as it is just on the turn, and boil until the syrup is a pale brown; beware of burning, but don't stir. Turn out on

greased tins to cool and harden. Walnuts or desiccated cocoanut can be used instead of almonds if preferred.

Burnt Almonds.—Put a cupful of brown sugar into a saucepan with a very little water. Stir until the sugar is dissolved. Let it boil a minute, then throw in ½ a cupful of almonds and stir over the fire until the sugar granulates and is a little browned. When the nuts are well coated, and before they get into one mass, turn them out and separate any that have stuck together.

Brandysnaps.—1 lb. flour, 1 pint of treacle, 2 tablespoonfuls of ginger, 2 tablespoonfuls of carbonate of soda, 4 oz. each of butter, lard, and sugar, 1 cup of sour milk. Melt butter and beat in sugar, treacle and ginger, add milk when the soda has dissolved, then beat in flour (if required add a little more flour), roll out, and cut into cakes. Bake in a slow oven till snappish.

Butter Scotch.—2 cups sugar, 2 tablespoonfuls water, piece butter size of an egg. Boil without stirring until it hardens on a spoon. Pour out on buttered plates to cool.

Butter Scotch.—Take 1 cupful of brown sugar, ½ cupful of water, 1 teaspoonful of vinegar, and a piece of butter the size of a walnut. Boil about 20 minutes; flavor if desired.

Candied Horehound.—Boil horehound in water until juice is all extracted. Take your sugar and boil up to a feather; then add the horehound juice to the syrup; boil up till again the same height; stir with a spoon against the sides of the sugar-pan. When it begins to grow thick, pour out in a paper case dusted with fine sugar and cut in squares. The horehound may be dried and then put in the sugar finely powdered and sifted.

Caramels.—Take 1 lb. of sugar, 1 gill of cream, 1 oz. of honey, ¼ teaspoonful of butter, and ½ a gill of hot water. Boil all until a few drops in cold water crackle slightly on coming in contact with the water, then add a small teaspoonful of vanilla or essence of lemon. Pour on to a slab to cool, cut in squares.

Chocolate Caramels.—2 cups molasses, 1 cup brown sugar, 1 cup cream or milk, ½ lb. chocolate, piece of butter size of an egg. Beat all together; boil until thickens in water;

turn into large flat tins, well buttered. When nearly cold, cut into small squares.

Cocoanut Caramels.—Mix 2 cups desiccated cocoanut, 2 tablespoonfuls flour, whites of 3 eggs, and 1 cup sugar. Bake in quick oven.

Chocolate Creams.—Heat ½ lb. of chocolate in an enamel saucepan till soft. In another pan beat up 1 lb. of good, white sugar, with a ¼ of a pint of water and a few drops of any flavouring preferred. Bring it to a boil and simmer 10 minutes. Take to side of stove and stir vigorously with a wooden spoon, until it solidifies. Before cold, dip in the moist chocolate, and set aside to get firm.

Cocoanut Cream Candy.—1 cocoanut, 1½ lb. granulated sugar. Put sugar and milk of cocoanut together, heat slowly until sugar is melted; then boil 5 minutes; add cocoanut (finely grated), boil 10 minutes longer, stir constantly to keep from burning. Pour on buttered plates, cut in squares. Will take about 2 days to harden. Use prepared cocoanut when other cannot be had.

Cream Candy.—1 lb. white sugar, 3 teaspoonfuls vinegar, 1 teaspoonful extract lemon, 1 teaspoonful cream tartar. Add little water to moisten sugar, boil until brittle. Put in extract, then turn quickly out on buttered plates. When cool, pull until white, and cut in squares.

Date Creams.—2 cups sugar, ½ cup milk, small piece butter, vanilla to flavour. Put the ingredients in a small saucepan, and boil slowly for 7 minutes, then beat till it becomes thick; stone the dates, put cream in them, close them up; roll in crystallised sugar.

Everton Toffee.—Boil 1 lb. of best brown sugar in ½ a pint of water, until a little will harden if dropped into cold water; then add 2 oz. of butter and boil a few moments until it will harden again. Flavour with lemon, if desired.

Everton Toffee.—¾ lb. golden syrup, ½ lb. brown sugar, 5 oz. butter, lemon juice to taste. Mix the sugar and syrup, then add the butter, stirring till thoroughly mixed; then cease stirring or the toffee will sugar. Pour out on a buttered dish, and when half cold mark into squares.

French Jellies.—2 lb. crystal sugar, 1 cup water; when boiling add a small packet of gelatine soaked in half a cup

of cold water for half an hour, boil for 20 minutes, then pour into damp plates; colour half the quantity with cochineal flavour with any essence to taste. When set, turn out of plates, cut into strips or squares, and roll in powdered sugar.

Honey Candy.—1 pint of white sugar, water enough to dissolve it, and 4 tablespoonfuls of honey. Boil until it becomes brittle on being dropped into cold water. Pull when cooling.

Honeycomb Rock.—2 tablespoonfuls honey or treacle, 2 tablespoonful sugar, 3 tablespoonfuls hot water, small piece of butter. Cook like toffee until it hardens in cold water; then add 1 teaspoonful of carbonate of soda, stir quickly, and pour into buttered pie-dish.

Honey Toffee.—This is an excellent recipe; 2 cups of white sugar, 1 tablespoonful of cold water, 1 tablespoonful of vinegar, a small piece of dripping, and teaspoonful of butter. Put in a saucepan, and when boiling add half a cup of honey. Boil about 20 minutes, turn into a buttered sandwich tin or mould to set.

Ice-Cream Candy.—3 cups of sugar, crushed or cut loaf, a little less than half a cup of vinegar, 1½ cups of cold water, piece of butter size of a walnut; flavour with extract vanilla. Boil until it hardens, then pull until white.

Jujubes.—4 oz. sheet isinglass, 2 lb. white sugar, 1 cup water, flavour with any flavouring you like; put isinglass and water in saucepan till melted, then add sugar and boil 15 minutes; then put out in a square tin to cool. If liked, half can be made pink with a few drops of cochineal. Let cool, then cut in squares, and roll in sugar.

Jujubes.—Dissolve 1 lb. gum senegal or gum arabic in a small quantity of water, then add ½ oz. orange flower water. Put the mixture in a preserving pan over a slow fire, and keep stirring it until it becomes of a moderate consistency; at this stage add ½ lb. clarified loaf sugar which has been boiled to a candy degree. Keep stirring the mixture till it reaches the desired consistency, and run it into tins about ¼ in. deep. Place in a cool place to dry, then cut to any shape desired, and sprinkle a little powdered sugar over them.

Lemon or Peppermint Candy.—Boil 1½ lb. of sugar in a ½ pint of water till it begins to candy round the sides; put in 8 drops of essence. Pour it upon buttered paper and cut it with a knife.

Milk Toffee.—1 tin of condensed milk, 2 lb. light brown sugar, 1 tablespoonful golden syrup, ½ lb. cooking butter, teacupful milk, 1 tablespoonful vanilla essence, if liked. Heat milk, mix in condensed milk, then add the other ingredients. Boil about 1 hour or until rich brown colour, take off fire before adding vanilla. The toffee should be candied.

Molasses Toffee.—Take 2 cupfuls of brown sugar, 1 cupful of molasses, ½ a cupful of water, and tablespoonful of vinegar; boil together until nearly done, when add ½ a teaspoonful of soda that has been dissolved in a little hot water. Boil until the toffee becomes brittle when tested in cold water, and flavour just as you remove it from the fire. This toffee may be pulled until it glistens like gold.

Molasses Candy.—Put into a large saucepan a cupful of brown sugar, 2 cupfuls of molasses and a tablespoonful each of butter and vinegar. Mix well and boil until it will harden when dropped in water. Then stir in a teaspoonful of baking soda, which will whiten it, and turn it into a greased tin to cool. When it can be handled pull it until white and firm; draw it into sticks and cut it into inch lengths.

Peanut Candy.—Take 2 cupfuls of molasses, 1 cupful of brown sugar, 1 tablespoonful of butter, and 1 of vinegar. Put into a kettle to boil. Having cracked and rubbed the skin from the peanuts, put them into buttered pans, and when the candy is done, pour it over the nuts. Cut into blocks while warm.

Russian Toffee.—¼ lb. butter, ½ lb. sugar, 1 tin Swiss milk, vanilla. Melt the butter first in the saucepan, then add the sugar and condensed milk and stir constantly till boiling; let it boil slowly for exactly ¼ of an hour; then add 1 or 2 teaspoonsful of vanilla, and take it off the fire. Test it in water. Be sure and stir the whole time when boiling. Pour on to a buttered tin, and when cold cut into squares with a knife; it will not be hard.

Toffee.—Melt 2 oz. of butter in a saucepan, 1 lb. sugar, 1 teacupful vinegar; add few drops of cherry blossom scent and essence of lemon. Boil without stirring until a little of the mixture, on being dropped into a cup of cold water, becomes hard immediately. Butter a dish and pour in the toffee; when cool enough to handle pull a small quantity at a time into ropes the thickness of your finger, and cut into inch lengths with an old pair of scissors. Store when quite cold and keep air-tight.

Toffee.—2 cups of white sugar, 1 cup of water, 1 dessertspoonful of vinegar, and any essence; butter the pots all over before you put in the ingredients (do not stir). It is cooked when a little dropped into water becomes brittle.

Turkish Delight.—Soak 2 oz. gelatine in cup of water 12 minutes, then put in saucepan with 1½ cups water and 2 lb. sugar, and boil for a ¼ of an hour. Use any flavouring when cold. Cut in shapes and roll in icing sugar. Another.—Soak 1 oz. of Swinbourne's gelatine in ¾ of a cup of cold water 2 hours, put 2 lb. sugar into a saucepan with ¾ cup water, bring to a boil, and then add the soaked gelatine, a little citric acid, and any flavouring; simmer 20 minutes, skim well, and then pour on a damp dish. Leave for 24 hours, and then cut up in squares and roll in castor sugar. For colouring, use either co hineal or saffron.

Vanilla Bonbons.—Take ½ lb. of white sugar, ½ pint of milk, and a ¼ of a teaspoonful of cream of tartar. Put into an enamelled saucepan and stir occasionally till the mixture boils. Then stir while all boils slowly for 15 minutes, and it is ready when a little dropped into cold water will form a ball. When this happens, take the pan off the fire, stir in a good teaspoonful of vanilla essence and pour all into a buttered tin. When the mixture begins to set, with a knife mark out squares, which will easily break apart when cold.

Vanilla Ice Cream.—Allow to a quart of rich cream a scanty cupful of sugar, the white of an egg and a tablespoonful of vanilla extract. Place the milk in a farina boiler, permit it to come exactly to the boiling point, remove from the stove, and stir the sugar into it

until dissolved; then set away to cool. Whip the white of the egg until stiff, add it to the sweetened cream and also the vanilla, and freeze. If the cream is very rich, a small quantity of sweet milk may be added; but usually the above recipe may be followed without variation.

Walnut Creams.—Two cups of sugar, ½ cup of milk, vanilla to taste. Boil all together 5 minutes, then stand the saucepan in cold water and stir the mixture until nearly cold. Then shell some walnuts, break in half, put some of the cream between, and press together.

DISEASES, ETC.: HOUSEHOLD TREATMENT OF.

Bleeding.—If blood spurts from wound, an artery is divided; bind tightly above wound with India-rubber tubing, strap, handkerchief, or scarf, or bend the limb forcibly at next joint above wound: or press flat hand or stone where blood is flowing. If blood flows freely, but does not spurt, a vein is divided then apply the same measures as in case of wounded artery, but below the wound. If scalp wounded, make a pad of cloth or waste, and bandage very tightly over wound with folded pocket-handkerchief.

Burns and Scalds.—Apply lint, cotton wool, or waste, soaked in oil, or oil and lime water, and bind the same on with handkerchief. If necessary to remove clothes, cut them off by running knife or scissors along seams.

Broken Leg.—Pull on leg steadily and firmly until it is of same length as sound one. Roll up a coat or empty sack into form of a cushion; carefully place leg upon it; then bind the two together with scarfs or handkerchiefs. Do not lie patient upon the ground until stretcher is close at hand. Take great pains, by careful lifting, to prevent broken bone coming through skin.

Broken Thigh.—Take hold of ankle, and, by steady traction, pull limb to same length as sound one; another person must then tie knees together, and afterward the ankles. Both limbs should then be laid over a sack of

straw, or folded coat, so as to bend the knees. Patient should on no account be moved until stretcher or cart is close at hand.

Broken Arm.—Pull arm to length of sound one. Apply two splints, one outside, and the other inside, binding them firmly on with pocket handkerchiefs. The best splints are made by folding newspapers to necessary length, binding them above and below seat of fracture; anything hard and light, of suitable size, would act equally well, for instance, wood, pasteboard, twigs, leather, etc.

Broken Ribs.—Cause intense pain when patient breathes; bind roller towel firmly round chest, fastening with pins, or sewing.

Broken Collar-bone.—Bend arm over front of chest; place it in a sling; bind it in that position by scarf going round chest, outside sling.

Dog Bites.—Tie a handkerchief or a cord tightly round limb above wound; suck the wound.

Flesh Wounds.—Uncover wound; wash it with clean water; wring out a clean handkerchief, or some lint, in cold water, and lay it over the wound. Then, bind in position with handkerchief.

Fainting.—From heat, exhaustion or loss of blood. Keep head low; undo clothing about neck; plenty of fresh air, dash cold water on face and chest; smelling salts, carefully used; a little brandy, when sensibility has returned, excepting in cases of sunstroke, and where means have not been taken to prevent further bleeding.

Insensibility.—From blows or wounds on head. Send at once for a doctor, or take patient to hospital, keeping him on his back, with head raised; undo clothing round neck Do not give brandy.

Insensibility.—From being buried in fall of earth, or breathing foul gas, proceed as in drowning.

Fits.—(1) If snoring and face flushed, undo clothing round neck, keep head raised, and dash cold water on top of head; hot water bottles to feet. Send for doctor. Do not give brandy. (2) If foaming at mouth and convulsed, undo clothing, apply smelling salts, and prevent patient hurting himself until conscious again.

Drowning.—Send for doctor, blankets and dry clothing Take off wet clothes from upper part of body. Lay patient on his back, with his head on a folded coat for cushion. Draw tongue out of mouth, and hold it there. A second person kneels at patient's head and takes hold of both his arms from below the elbows. He then draws them upward over the patient's head, and holds them in that position until he counts two, this draws air into the lungs. He then lowers arms to sides again, and presses them firmly inwards, holding them there until he has again counted two; this forces air out of the lungs. Go on doing this until doctor arrives, or until patient breathes naturally. As soon as he does so, rub the limbs in an upward direction with dry hands, or better still, with hot flannels. Put patient to bed between blankets, surrounded with hot water bottles. May give him wine or brandy when quite sensible.

Rupture, or "Break of the Body."—Try and push it back with flat hand, keep man on his back. Cold wet cloths laid over the rupture will, perhaps, aid its return.

Alcohol and Disease.—Out of every 100 patients that I have charge of at the London Hospital, 70 of them owe their illness to alcohol. I do not say 70 per cent. were drunkards—to the excessive use.—Sir Andrew Clarke, M.D.

Apoplexy.—This is caused by a rupture of a blood-vessel in the brain. The sufferer falls down unconscious; the face is dark-red, the breathing loud and like snoring. Raise the head and apply cold to it, ice cloths wrung out of ice water, or India rubber bags filled with it. Put mustard plasters on the legs, and hot water bottles at feet. The doctor will probably give calomel, and may bleed when he comes.

A Cure for Asthma.—Take a ¼ lb. of fresh garlic, and gently simmer in a pint of water till very soft, then strain off the garlic, measure the same water and add to it the same quantity of good vinegar and a good cupful of sugar. Let it simmer till it becomes a syrup; pour the syrup over the garlic, and take 3 teaspoonfuls of the syrup, and some of the garlic, every morning fasting.

Bee Stings or Stings of Other Insects.—Apply a bruised

onion, ammonia and water, bruised or chewed catnip, extract of witch hazel, moistened saleratus, or wet earth. to the part affected.

Biliousness and Sick Headache.—May be cured, in the beginning, by the juice of a lime or small lemon in half a glass of cold water, with a little baking soda stirred in. Drink it while it foams, at the time of getting up in the morning.

Biliousness.—A cup of hot water drunk every morning first thing will successfully prevent a violent attack.

Black Eye.—If a blow has been received sufficient to break the minute blood-vessels under or around the eye, there will be an effusion of blood beneath the skin, and a dark spot or ring will result. The application of very hot water will contract the blood-vessels, cause the absorption of the blood, and relieve soreness. Never use cold water or ice on a "black eye." Raw beef steak may be applied, but hot water is better.

Bleeding Lungs.—Raise the patient into a half-sitting position with pillows. Give pieces of ice, and apply an ice bag to the chest, or a rubber hot-water bag, filled with cold or ice water. Keep the sufferer properly quiet, allow no talking, and show no alarm. The blood is bright red and coughed up.

Bleeding from the Lungs.—This is always a serious matter, and a physician should be called in at once if possible. The person should lie down with the head and shoulders slightly elevated. Give finely chopped ice to eat. Dissolve a teaspoonful of salt in a little cold water, and sip it down.

Blood Restorer.—Citrate or iron and ammonia. This is an excellent blood restorer and a tonic, and is often well tolerated by the stomach when other iron preparations are rejected in consequence of their astringency. Dose—5 to 8 grains dissolved in water, with a little orange or essence of peppermint added.

Boils, Homeopathic Treatment of.—In the early stages Belladonna and Merc. Sol., 3-drop doses of each in alternation. When matter has formed Hepar. Sulph. After suppuration, Silicea.

A Bruise.—The most speedy mode of procuring relief after receiving a bruise is to plunge the finger into water as hot as can be borne. By so doing the nail is softened, and yield so as to accommodate itself to the blood poured out beneath it, and the agony is soon diminished. The finger may then be wrapped in a bread and water poultice.

Bunions, Homoepathic Treatment of.—Silic. Internally, 3 drops in water 2 or 3 times daily, and the Bunions painted with the mother tincture of Veratrum Vir., morning and evening.

Burns.—Cold water and flour mixed will relieve the pain directly; may be used again and again.

Burns.—A cotton cloth saturated with a solution of alum and water and applied to a burn will soon remove the pain. The cloth should be constantly replaced by fresh ones, until the desired effect is produced.

Burns and Scalds.—In treating burns of any kind you should remember that the first thing to do is to protect the part from the air. Bandage the part with cloths wet in a saturated solution of ordinary baking soda; that is, to a bowl full of water add all the soda that the water will dissolve. Keep up these applications until the pain and sense of burning are relieved. Then remove them, and cover the parts with a thick coating of vaseline, and around this place soft linen cloths. A burn need not be deep in order to be very serious. Often the most fatal burns are the superficial ones. The extent of surface seems to be more important than the depth of the injury.

Burns and Scalds.—A lotion composed of half a pint of lime-water and half a pint of linseed oil should be found in every house. It is an invaluable remedy for burns and scalds. After the lotion has been shaken up, a piece of rag or of cotton wool should be soaked in it, and then laid upon the injured part, and renewed several times a day. Under this treatment the wound would quickly heal.

To Prevent Scars from Burns.—In the healing of burns and scalds, where there is danger of contracting scars, rub the new skin several times a day with good sweet oil. Persist in this rubbing until the skin is soft and flexible.

Camomile Flowers, and Fomentation.—(1) Put into a jar 2

oz. of camomile flowers and one pint of water, and cover same very close, and let it boil. Infuse for 15 minutes, strain off the liquor, and dip flannel into it and apply. (2) Another way is to make two flannel bags, fill in the flowers and sew up ends; then scald the bags and wring out alternately and apply to part affected.

How to Destroy the Taste of Castor Oil.—A good way is to beat the castor oil with the white of an egg until both are thoroughly mixed.

Centipede, Bite of.—The place bitten should be touched with the stronger liquor of ammonia, and cloths wet in a solution of one part ammonia to fifty parts water should be kept upon the wound until the danger is over.

For Chapped Hands.—Shake the bottle before using, and rub a little on the hands at night: Elder-flower water, 1 oz.; rose water, 2 ozs.; glycerine, 2½ ozs.; hazeline, 1½ oz.; rectified spirits of wine, ½ oz. (Two tablespoonfuls measured in a medicine-glass is equal to an ounce.)

Chafing.—Chafed parts should be carefully washed, and the moisture absorbed with a soft, dry cloth. Then apply pulverised hemlock bark or fuller's earth, or the following mixture: Prepared chalk or rice powder, 9 drachms, and subnitrate of bismuth, one drachm.

Chilblains.—Bathing the feet in alum water will often cure this complaint.

Cure for Chilblains.—Mix together equal quantities of crushed sulphur and prepared lard (say, 3d. worth of each) and rub well on the chilblains. Will not fail to cure.

Chilblains.—For unbroken chilblains there is no better treatment than to paint with Tamus Communis (mother tincture), 3 or 4 times a day; broken chilblains should be dressed with Calendula ointment on lint or soft rag. (Homoeopathic).

Chilblain Paint.—1 oz. of flexile collodion, 1½ drachms of belladonna liniment, 1 drachm of aconite liniment, ten drops of carbolic acid. Mix together and apply with a camel-hair brush every night.

Choking.—When a person has a fish bone in the throat, insert the forefinger, press upon the root of the tongue,

so as to induce vomiting; if this does not do, let him swallow a large piece of potato, or soft bread; and if these fail give a mustard emetic.

Choking.—Caused by pieces of food, bones, &c., sticking in the throat: Take hold of the nose with the left hand, boldly and quickly insert the first finger and thumb deep down into the mouth and pull out the obstruction. If this does not succeed try to loosen and force it out by pressing the chest and stomach against a table or cupboard, and give the child smart blows on the back between the shoulder-blades, the air thus pressed out of the lungs may remove it. A fish-bone or pin may frequently be removed by eating a piece of crust of bread, or partaking of a constipating diet, such as hard-boiled eggs and cheese; avoid purgatives.

Choking—Relief From.—Break an egg into a cup and give to the patient to swallow—the white of the egg.

Cinders in the Eye.—A small camel's hair brush, dipped in water and passed over the ball of the eye on raising the lid, is a simple remedy. The operation requires no skill, takes but a moment, and instantly removes any cinder or particle of dust or dirt without inflaming the eye.

To Break Up a Cold.—Take a hot footbath just before going to bed, and drink a large cupful of hot lemonade or hot ginger tea. Put on heavy coverings until in a good perspiration; then gradually remove these until only the usual amount remains. Be very careful about exposing yourself the next day.

Colds, with or without Fever.—On going to bed let the feet and legs be bathed in a warm bath. Drink freely of whey, warm thin gruel, or warm weak tea with plenty of milk in it. If there is pain in the head, apply a mustard poultice on the back of the neck until the skin is red and painful. If there is pain in the chest, the side, or any part of the abdomen, put the mustard plaster directly over the painful part until the same effect is produced.

Cold, Prevention of.—Upon the first intimation of a cold, take six drops of spirits of camphor upon a piece of sugar.

Cold in the Head.—Dr. Pollion, of France, says that cold in the head can be cured by inhaling hartshorn. The in-

halation by the nose should be seven or eight times in five minutes.

Colds on Chest.—A flannel rag wrung out in boiling water and sprinkled with turpentine laid on the chest gives the greatest relief.

A very Safe and Mild Aperient in Colicky Pains.—Castor oil and tincture of rhubarb, of each a dessert-spoonful or tablespoonful.

Constipation.—A simple remedy for constipation will meet a long-felt need. At night place five or six cloves in a teacup ,and half fill it with boiling water. On rising in the morning drink the cold clove water.

A Hint to Consumptives.—A physician of no little experience says he has known several consumptive patients cured by observing the following rules:—Live temperately, avoid spirituous liquors, wear flannel next the skin, and take every morning half-a-pint of new milk, mixed with a wineglassful of expressed juice of green horehound.

Convulsions.—If the patient is a child, put it in a warm bath with cold to the head. After fifteen minutes lift it out, wrap in a warm blanket and give a dose of castor oil. Send for a doctor. With a grown person put something between the teeth, like a knife handle, that the tongue shall not be bitten, and watch that he does not hurt himself.

Corns.—May be eased by peeling, then apply oil night and morning; for cold feet increase the circulation, wash daily, wear cork soles, and change hose. Do not sleep with the feet cold. Rub chilblains with onion and salt.

Soft Corns.—A little French chalk between the toes and a small piece of white wadding; it absorbs all the moisture.

Corns, Cure for.—Apply a good coat of gum arabic mucilage every night upon retiring, or apply lemon juice in an early stage. Rub a little sweet oil morning and night with the finger, keeping the corn well pared down.

Corns.—Sir Astley Cooper gives the following recipe: Gum ammonia, 2ozs.; yellow wax, 2ozs.; verdigris, 6

Carmomile Flowers, Fomentation.—(1) Put into a jar 2 drachms. Melt together and spread on a piece of soft linen. Cut away corns and apply plaster.

Colic.—For ordinary pains in the stomach take Colocynthix and apply hot fomentations. For Flatulent Colic, with constipation, take Collinsonia Canadensis, mother tincture 3 drops, every hour. For Colic, with diarrhoea, Merc. Cor.

Cough.—Great relief may be experienced where there is an irritating dry cough by taking the juice of a lemon before going to bed at night in a small tumbler of hot water. It may be slightly sweetened with sugar, although glycerine or honey is preferable, owing to their healing qualities. Another agreeable mixture, especially for a tickling cough, will be found by mixing equal parts of glycerine, lemon juice and a few drops of ipecacuanha wine; give a teaspoonful occasionally.

A Good Cough Mixture.—Place in a jar 6 ozs. of treacle, 7 ozs. of honey, 10 ozs. of vinegar. Stand the jar in a saucepan of boiling water, and still till all the ingredients are mixed and warmed through. Then add 3 drachms of ipecacuanha wine, and bottle for use. The dose is one teaspoonful every 3 or 4 hours.

Cramp.—Apply a flat iron, or any cold substance, to the soles of the bare feet. If the upper part of the body is affected, try the palm of the hand.

Cramp in the Stomach.—Usually yields to a teaspoonful of ginger, sirred in half a glass of hot water, in which a half-teaspoonful of soda has been dissolved.

Cuts.—A drop or two of creosote on a cut will stop the bleeding.

Diarrhoea, How to Stop.—(1) 20 grains of aromatic chalk in water checks it. (2) 10 to 20 grains of bicarbonate of soda in lime-water.

Dislocations.—When a bone is out of joint there is a deformty of the part and intense pain is usually felt. Treat the same as a sprain to keep down inflammation until doctor arrives. No time should be lost in having the bone put back in its place.

Diarrhoea and Dysentery, Homoeopathic Treatment of. —Watery stools with griping pains, Merc. Cor., 3 drops

every hour in a dessertspoonful of water; vomiting and purging, much cutting colic, prostration, watery stools, Verat. Alb., every hour. When caused through getting wet and cold; Dulcamara; Dysentery with piles, Collinsonia.

Earache.—At the first symptoms of earache let the patient lie on the bed with the painful ear uppermost. Fold a thick towel and tuck it around the neck; then with a teaspoon fill the ear with warm water. Continue to do this for 15 or 20 minutes. The water will fill the ear orifice, and flow over on the towel. Afterwards turn over the head, let the water run out, and plug the ear with warm glycerine and cotton. This may be done every hour until relief is obtained. It is an almost invariable cure, and has stopped many cases of acute inflammation. The water should be as warm as possible, but not too warm.

Earache.—Pour sweet oil upon cotton wool and powder with black pepper. Sure relief.

Ear, Foreign Bodies In.—When an insect, or any small foreign body, has entered the ear, the patient should lie down on his side, with the affected ear uppermost, and have warm olive oil or tepid water carefully dropped in until it overflows and carries the intruding object out with it. In case the foreign body is a living insect, an ingenious method is to try tempting it to come out by turning the ear at once to a bright light. Large foreign bodies, which have entered the ear, should be removed by a surgeon, as want of skill may lead to serious injury.

Emergencies and Accidents.—For dust in the eyes, avoid rubbing, dash water into them.—Remove cinders, etc., with the round point of a lead pencil.—Remove insects from the ear by tepid water; never put a hard instrument into the ear.—If an artery is cut, compress above the wound; if a vein is cut, compress below.—If choked, get upon all fours and cough.—For light burns dip the part in cold water; if the skin is destroyed cover with varnish.—Smother a fire with carpets, etc., water will often spread burning oil and increase the danger.—Before passing through smoke take a full breath and stoop low; if carbonic acid is suspected walk erect.—Suck poison wounds, unless your mouth is sore; enlarge the wound, or, better,

cut out the part without delay. Hold the wounded part as long as can be borne to a hot coal or end of a cigar.—In case of poisoning excite vomiting by tickling the throat or by water or mustard. For acid poisons give alkalies; in case of opium poison give strong coffee and keep moving.—If in water float on the back with the nose and mouth projecting.—For apoplexy raise the head and body; for fainting, lay the person flat.

Emetic, Mustard.—A large teaspoonful of mustard mixed with a tumbler of warm water can be used safely and with most expeditious desults.

Emetics.—(1) Powdered ipecacuanha, 15 to 30 grains; (2) ipecacuanha wine, 2 drachms to ½ an ounce; (3) a teaspoonful of mustard mixed in a pint of water, and taken in four portions at intervals of a few minutes. In producing a vomiting, if any one of the above remedies does not act in a quarter of an hour, it may be repeated every quarter until the desired effect is produced.

Expectorants excite and promote a discharge of mucus from the lining membrane of the bronchial tubes, thereby relieving inflammation or irritation. (1) Ipecacuanha wine, 3 drachms; syrup of tolu, 5 drachms; mucilage of acacia, 1 oz.; water, 6 ozs. Mix, and give 2 tablespoonfuls every 4 hours. (2) Pill of squill and compound ipecacuanha powder, of each one drachm. Mix, and divide into 24 pills, one to be taken every 4 or 6 hours. (3) Paregoric elixir, ipecacuanha wine, of each 3 drachms; olive oil, 5 drachms; oxymel of squili, 3 drachms. Mix, and give a teaspoonful when the cough is troublesome. (4) Roughly powdered spermaceti mixed up with syrup of poppies and vinegar in equal proportions, is an admirable expectorant remedy in the common coughs of children.

Inflamed Eyes.—Use the white of an egg beaten to a froth and add to it a tablespoonful of rosewater. Apply with a piece of cotton wool, which must be changed as often as it dries.

Eye, Dust or Grit In.—Try placing the face in a basin of cold water, opening and shutting the eye frequently. A pinch of snuff followed by sneezing sometimes relieves. A cold water bandage over both eyes at night, with compress of oil silk, often gives relief by the morning.

The Eyes.—Never read when lying down or stooping over.—Avoid reading or sewing by twilight.—When the eyes are at all defective, avoid working at fine needle-work, drawing, etc., longer than half an hour at a time.—Reading in a moving car is a great strain on the eyes.—A stye on the eye will sometimes yield to an application of very strong black tea.—Treat tired or inflamed eyes with a bath of warm water five parts, and hamamelis one part, three times a day.—The custom of tight bandaging or tying up the eye as soon as it becomes inflamed is a bad one, as it prevents the free access and beneficial effects of the cool air.—If the eyes begin to ache when reading, stop at once.—Never poultice the eye without a physician's advice.

Eyesight, to Preserve.—Never sleep so that upon awaking the eyes shall open on the light of a window. Never read or sew directly in the light of a window. Cold water should be used primarily for inflamed eyes.

Inflamed Eyelids.—Thoroughly dissolve a heaped teaspoonful of boracic acid in ½ a pint of cold water. Then apply to the eyes with the fingers, never using a sponge or cloth. Let this solution dry on the eyelids. Use it before going to bed, and in the morning again.

Fainting.—Make the patient lie down flat. Loosen the articles of dress, and give plenty of air, keeping off the crowd. Sprinkle face with cold water, and if the faint continues long, apply hot bottles to the feet an' hands.

Fainting.—Make no attempt to hold the person up; but lay him flat on the back with the head as low as the feet. Give him an abundance of fresh air. Loosen all the clothing about the neck and waist. Gently sprinkle the face with cold water. After consciousness returns, a cup of coffee is far better than any kind of alcoholic drink to give the patient temporary strength.

Fasting the Best Medicine.—Fasting is at times the best medicine, the means of removing incipient disease, and restoring to the body its usual healthful sensations. Howard Franklin often fasted one day in the week; and Bonaparte, when his system was unstrung, omitted his wonted meal, and took exercise on horseback as his only remedies.

Feet, Tender.—Many people suffer from this distressing malady. A very useful remedy may be found in the following:—Take a tablespoonful of ordinary washing soda, dissolve it in half a gallon of warm water, and use it as a foot bath for half an hour. Repeat this from time to time.

Fractured Skull.—Keep the patient in bed with the head raised a little. Apply an ice bag to it. Darken the room. Allow no talking or excitement. If there is much nausea, apply a mustard plaster to pit of stomach.

Fruit Salt.—One pound icing sugar, ¼lb powdered tartaric acid, ¼lb bi-carbonate of soda, ¼lb cream of tartar, 4 packets Epsom salts, 1oz powdered magnesia. Pound the salts first, putting the other ingredients in after, the magnesia being last. Dose a teaspoonful in half a glass of water; the whole to be kept away from the air.

Headache.—A severe headache is sometimes relieved by the application of a mustard plaster to the back of the neck.

Hiccough—How to Cure.—(1) Place a knife into a glass of cold water, slowly drink a few drops of the water, at the same time looking at the point of the knife under the water. (2) Take a piece of sugar saturated with vinegar.

Hiccough.—Drinking cold water very slowly, or holding the breath, persistently, will usually stop hiccough.

Honey.—If children have a slight cold, cough or any throat trouble, try strained honey with one-fourth lemon juice, giving a teaspoonful every hour.

Hop Pillows.—Dry new hops are said to make excellent pillows, and are of great service in cases of insomnia (sleeplessness) in assisting to get a good night's sleep.

Hot Formentation.—This is a folded cloth wrung out of hot water, applied to the painful part, and covered with oiled silk and dry flannel to prevent evaporation. Usetul in acute rheumatism, gout, peritonitis, muscular spasm, etc.

Indigestion, Cure for.—Pour boiling water on 2 ozs. of camomile flowers, and stand till cold; strain, and add a little carbonate of soda, and take one tablespoonful 3 times a day.

Influenza.—This is an epidemic disorder, the characteristic features of which are depression, chilliness, running from the eyes and nose, headache, cough, restlessness, and fever. The symptoms are like those of a very bad cold, to which are added very unusual depression of strength, and loss of vital energy. Prostration is always a prominent symptom, and unless the strength of the patient be supported, a serious result may be apprehended. Quinine should be given freely in five-grain doses, three times a day. Beef and iron wine should be given in full doses, two or three times a day, whilst pure terebene or pinol should be used as inhalations.

In-Growing Toe Nail.—Soak the foot in warm water, and soap for a quarter of an hour, until the nail becomes soft and pliable, then, with a sharp knife, carefully pare the cutting edges to the quick, and scrape the nail quite thin on its upper surface. This will cause it to flatten out in growing and to assume its proper shape.

Insomnia.—If you cannot sleep well at night, try drinking a large cupful of hot lemonade or hot ginger tea just before retiring.

Insomnia.—Take a good walk, and try boiled or stewed onions for supper; take no drugs; keep the bowels open by a dose of compound liquorice powder at night, followed by a dose of fruit salts in the morning when required.

Insomnia.—Hot water used both internally and externally is highly recommended by medical men as a cure for insomnia. Bathing the feet in hot water is said to be particularly good.

Itch.—The best specific is an ointment composed of flowers of sulphur, 2 ozs.; carbonate of potash, 2 drachms; lard, 4 ozs.; to be well rubbed in, night and morning.

Lime Water and Milk.—Take clear lime and fresh milk of each a wineglassful, mix; let a tablespoonful or less be taken at once. This will generally soothe an irritable stomach.

Linseed Tea.—This is one of the best remedies for colds, particularly for children who cough a good deal at night. To prepare it put 3 tablespoonsfuls of fresh bruised linseed into a jug with some liquorice, also broken up small, and pour over it about 1½ pints of boiling water.

Cover the jug and let it stand for some hours. Then strain and add the juice of two lemons and sugar to taste. Let the patient drink freely of it on going to bed, and through the night if the cough is troublesome. It has a soothing effect and is considered nourishing.

Linseed Tea (1)—which will be found useful for coughs, bronchial affections, &c., may be made as follows:—2 teaspoonfuls of whole linseed, ½ oz. liquorice root, 3 pints boiling water, 1 oz. of coltsfoot leaves; wash the linseed in cold water, put the whole of the ingredients into an earthenware teapot, cover with boiling water, leave by the fire for about 5 hours, strain it, and drink whilst warm. (2) Boil one teaspoonful of whole linseed in 1 quart of water, adding the rind of half a lemon, for one hour, strain, and sweeten with honey. (3) Boil 1 lb. of linseed in 2 quarts of water, and let it simmer for 3 hours, strain, and then pour back with the pulp of a lemon and ¼ lb. of raisins (stoned), and simmer again for one hour, strain, and add sugar or liquorice to taste. A teaspoonful of this simple decoction will often relieve a cough.

Inactive Liver.—The juice of a half lemon in a glass of hot water, without sugar, taken night and morning, will do wonders for an inactive liver. It excites the torpid organ, stimulates the digestive apparatus, and tones up the general system.

Lock-jaw and Croup.—Let anyone who has an attack of lock-jaw, take a small quantity of turpentine, warm it and pour it on the wound, no matter where the wound is, and relief will follow in less than a minute. Nothing better can be applied to a severe cut or bruise than cold turpentine; it will give certain relief almost immediately. Turpentine is also a sovereign remedy for croup. Saturate a piece of flannel with it, and place the flannel on the throat and chest, and in every case 3 or 4 drops on a lump of sugar may be taken internally.

Decoction of Marsh-Mallow.—Add 5 pints of boiling water to a ¼ lb. of dried marsh-mallow root. Boil the mixture down to 3 pints, and strain through a cloth.

Measles.—At commencement, with restless, dry skin, thirst, give Aconite and Pulsatilla alternately, three drops each for a dose. If there is running at nose and

eyes bathe them frequently with a lotion of Euphrasia The patient should be isolated. As a preventative take Pulsatilla and Aconite, each twice daily in alternation.

Mosquito Bites.—The irritation caused may be allayed by touching the spots at once with spirits of hartshorn.

Mosquito Bites.—Put 10 drops of refined carbolic acid into 1 oz. of rose water, shake well, and apply as needed. This has been in use several years, and proves cooling to the most tender skin.

Nose, Bleeding from.—Introduce into the nostril a plug of lint, or linen rag, soaked in a solution of alum.

Bleeding Nose.—Make the patient lean back in a chair, and hold a wet sponge to the nose to receive the blood. Wrap a piece of ice in flannel and hold it to the back of the neck. Sniff cold salt and water up the nostrils. If the flow is still alarming, send for the doctor, as the nose will have to be plugged.

Nose Bleeding.—Put a piece of paper into the mouth and masticate it rapidly, and it will generally arrest the bleeding.

Obstructions to Remove.—From throat—Sometimes a smart slap on the back will dislodge it and send it down. Tickling the throat will cause vomiting, which will expel small substances. The swallowing of a raw egg, the yolk whole will invariably remove a fish bone or any other obstruction. From nose.—A pinch of snuff, or a few grains of red pepper to excite sneezing, will usually remove it. If not, obtain a fine hairpin and work it up behind the obstruction and hook it down. In the Eye.—Bathe the eye with warm water. Draw down the lower lid and if the particle that is causing the trouble can be seen, remove it; a fold of handkerchief over the head of a pin is a good instrument. If it is under the upper lid, lay a pencil outside the eye and turn the edge of the lid up over it, and then take out the atom. In the Flesh.—Remove splinters by pricking the skin with a needle all along the splinter, working the needle under it and lifting it out on the point. If in the hands or feet soak well in hot water using plenty of soap. This will soften the skin and invariably draw the splinter to the surface. If

it cannot be got out and the place festers, apply a poultice until all the matter comes away.

Perspiring Hands, Homoeopathic treatment of.—The following remedy can be obtained of any homoeopathic chemist:—Acid fluoricum. Directions given with each bottle.

Feet, Perspiring.—To prevent the unpleasantness of perspiring feet, place oatmeal or bran in the socks.

Feet Aching, from much Walking.—Arnica, 3 drops every 2 hours, and bathe feet in warm water, to which a teaspoonful of Arnica has been added. For perspiring feet, the stockings should be sprinkled with a powder made of equal parts of Fuller's earth, powdered starch and zinc powder. This will also remove the unpleasant odour which often arises from perspiring feet. Internally, a course of silicea and sulphur should be taken. (Homoeopathic.)

Poisons and Their Antidotes.—First: Send for a physician. Second: Induce vomiting, by tickling the throat with feather or finger; drinking hot water or strong mustard and water. Swallow sweet oil or whites of eggs. Acids are antidotes for Alkalies, and "vice versa."

Acids.—Muriatic, Oxalic, Acetic, Sulphuric (Oil of Vitriol), Nitric (Aqua Fortis). Antidotes.—Soap-suds, magnesia, lime water.

Prussic Acid.—Antidote.—Ammonia in water. Dash water in face.

Carbolic Acid.—Antidotes.—Flour and water, mucilaginous drinks.

Alkalies.—Potash, Lye, Hartshorn, Ammonia. Antidotes —Vinegar or lemon juice in water.

Arsenic.—Rough on Rats, Paris Green. Antidotes.—Milk, raw eggs, sweet oil, lime water, flour and water.

Bug Poisoning.—Lead, Saltpetre, Corrosive Sublimate, Sugar of Lead, Blue Vitriol. Antidotes.—Whites of eggs or milk in large doses.

Chloroform.—Chloral, Ether. Antidote.—Dash cold water on head and chest. Artificial respiration.

Carbonate of Soda.—Copperas, Cobalt Antidotes.—Soap suds and mucilaginous drinks.

Iodine.—Antimony, Tartar Emetic.—Antidote.—Starch and water astringest infusions. Strong tea.

Mercury and its Salts.—Antidotes.—Whites of eggs, milk, mucilages.

Opium.—Morphine, Laudanum, Paregoric, Soothing Powders or Syrups. Antidotes.—Strong coffee, hot bath. Keep awake and moving at any cost.

Phosphorus Matches.—Antidote.—Give large quantities of warm water containing calcined magnesia, chalk or whiting.

Antidote to Poison.—If a person swallows any poison whatever, or has fallen into convulsions from having overloaded the stomach, an instantaneous remedy, most efficient and applicable in a large number of cases, is a heaping teaspoonful of common salt, and as much ground mustard, stirred rapidly in a teacupful of water warm or cold and swallowed instantly. It is scarcely down before it begins to come up bringing with it the remaining contents of the stomach; and lest there be any remnant of the strong poison, however small, let the white of an egg or a teaspoonful of strong coffee be swallowed as soon as the stomach is quiet because these very common articles nullify a large number of virulent poisons.

Poultice Bread.—Cut a thick slice of the crumb of bread, and place in a basin. Pour boiling water over and let it well soak, squeeze the water well out, and spread on a thin rag, and cover over with another.

Bread Poultice.—Put bread crumbs into milk and simmer over a gentle fire till reduced to proper consitence. Beat smooth with a spoon, then spread on muslin and apply hot as can be borne.

Poultice Carrot.—Boil the carrots until they are soft enough to be broken, mash the carrot, squeeze out the moisture, and spread on a rag.

Poultice. Mustard.—Take 2 ozs. mustard and sufficient vinegar to make it spread properly (for children and delicate skins, ½ flour and mustard), add water to mix. Lard and mustard also make a good poultice, and can be applied without fear of catching cold from exposure after

Mustard Poultice.—Add warm water to equal parts of ground mustard and wheaten flour, stirring until a thick paste is formed. This is spread on linen or muslin, then covered with gauze and applied to the skin. Where a speedy effect is desired, the mustard may be mixed with a little water and the white of egg to form a thick paste. Spread on muslin and apply directly to skin. Used in almost every form of local pain, such as neuralgia, rheumatism, pneumonia, colic, etc.

Linseed Poultice.—Stir in boiling water ground flaxseed enough to make a thick pap. Spread evenly on muslin and smear the surface with a little olive oil or fresh lard before applying it. Cover outside with oiled silk and several folds of flannel, to retain moisture and heat. Should be applied hot and frequently changed. Useful emollient to inflamed and painful parts. Oatmeal poultice may be prepared and used in the same way.

Ptomaine Poisoning.—Ptomaine poisoning arises from the consumption of tainted or decomposed meats. An emetic should be given to thoroughly empty the stomach, and subsequently a strong purgative, followed by a dose of castor oil a few hours later. Keep the hands and feet warm by rubbing, and administer stimulants.

The Pulse.—The natural rate of the pulse varies at different ages as follows:—Beats per minute: At birth, 130—140; one year, 115—130; two years, 100—115; three years, 95—105; four to seven years, 85—95; seven to fourteen years, 80—90; fourteen to twenty-one years, 75—85; twenty-one to sixty years, 70—75; old age, 75—85.

Quinsey or Tonsilitis (Homoeopathic Treatment of).—A few doses of aconite 1x or 3x in 2 or 3 doses, taken at the very commencement as soon as the obstruction is felt will remove the congestion if, however, this stage is past and inflammatflion has set in with soreness in throat, fever, restlesness, give belladonna 3 drops in a dessert spoonful of water every 2 hours alternately with Merc. Bin. in powder as much as will lie on a three-penny piece. When matter has formed, Hepar. Sulph. For chronic quinsey, Baryt. Carb. Acute tonsilitis of right tonsil, with much swelling and constant aching pain, Guaiac. In all cases of quinsy, a gargle made with the strong

Tincture of Phytolacca (about 20 drops to a cup of water) does good.

Saline Aperient.—Epsom salts, ½ to 1 oz.; cream of tartar ¼ oz.; half a lemon (juice and peel); boiling water, half a tumbler. When nearly cold, this makes a cooling aperient.

Sarsaparilla.—Sixpennyworth of sarsaparilla and a handful of horehound; pick the leaves off and wash clean, and put in a saucepan with 3 dippers of water, and boil 3 hours. Less water will make it stronger. Makes a splendid drink; a glassful 3 times a day.

Sarsaparilla.—Sixpennyworth of sarsaparilla stalks and leaves, 2 quarts water, 3d. liquorice, 2 lemons, pinch salt. Put sarsasarilla in saucepan, and let it boil for 30 minutes, strain, put back in saucepan, and add liquorice (broken up), lemons (cut in slices), and salt. Simmer for 20 minutes, or till liquorice is dissolved, strain, and it is ready for use.

Scalds and Burns.—A bottle of carron oil should be kept in every house, ready for application, on pieces of lint, to scalds and burns. Carron oil consists of equal parts of linseed oil and lime water; it can be mixed at home, well shaken into a good-sized bottle tightly corked or stoppered.

Seidlitz Powders.—4 ozs. carbonate of soda, 1 oz. of tartarised soda. Sift these through a fine sieve till thoroughly mixed; then divide into forty equal parts and wrap each part in blue paper. Then take 1½ ozs. of powdered tartaric acid and divide into forty equal parts, and wrap each part in white paper. When using first thoroughly dissolve contents of blue paper in a tumbler nearly full of water; then add contents of white paper. Stir and drink while effervescing.

Sea-Sickness.—The latest preventive of sea-sickness, and perhaps it may be an effective one, is to eat a little dry toast dipped in Worcestershire sauce when the symptoms of the disorder first appear.

Simple Remedies.—For biliousness, squeeze the juice of a small lemon into half a glass of cold water, then stir in a little baking soda, and drink while it foams.

This recipe will also relieve sick headache if taken at the beginning.—For burns, make a paste of common baking soda and water, and apply promptly to the burn. It will quickly check the pain and inflammation.—For a sore throat, cut slices of fat bacon, pepper thickly, and tie round the throat with a flannel cloth.—For cold on the chest, a flannel rag wrung out in boiling water and sprinkled with turpentine laid on the chest gives great relief.—For a cough, boil 1 oz. of linseed in a pint of water, strain, and add a little honey, 1 oz. of rock candy, and the juice of 3 lemons. Mix and boil well. Drink as hot as possible.—For bites and stings of insects, wash with a solution of ammonia water.

Sore Throat.—One of the best and simples cures for sore throat is a cold wet water bandage. On going to bed, take a large handkerchief and fold it lengthways and roll bandage fashion; wet this in cold water, and squeeze it out, and then unroll it round the throat. Fasten it securely, and then put several folds of flannel round it so as to effectually keep the air from it. Sleep without changing it the whole night, and in the morning the most stubborn sore throat will be found to be improved. When the bandage is removed care should be taken not to expose the throat to the air.

Sleeplessness.—Sleeplessness is often caused by the non-ventilation of the bedroom. Try opening the window a little at the top. Another way is to have a good washing of face and hands in cold water. Also try your multiplication table, beginning at 12 times 13, 12 times 14, and so on. A half-pint of hot water an hour before last meal, and another upon going to bed.

Sleeplessness.—Rise early, exercise freely in the open air, and do not sleep in the day time. Eat light suppers, and retire at a regular hour. Sponge the body with tepid water, and rub briskly with a coarse towel. Winter night-clothes should be made of flannel, sufficiently long to cover the feet and prevent contact with cold sheets.

Sleeplessness.—Those who suffer from sleeplessness should try taking a cup of hot milk, nicely sweetened and flavoured with freshly-grated nutmeg, the last thing at night. They should take care that their feet are com-

fortably warm, as if their feet are cold the blood-vessels of the head are apt to be over-charged and the brain over-active.

Sneezing.—Sneezing may be averted by pressing firmly on the upper lip with the fingers. The "why" of this is that by so doing we deaden the impression made on a certain branch of the "fifth nerve," sneezing being a reflex action excited by some slight impression made on that nerve. Proof of this is seen in the fact that sneezing never takes place when the nerve mentioned is paralysed, even though the sense of smell is fully retained.

Snake-Bite Cure.—On feeling the bite, tie a ligature between the seat of the wound and the heart, so as to prevent the poison being taken into the circulation. 2nd. Suck the wound well, and for as long a time as the patient can do so—say for even two hours. 3rd. If possible, tie another ligature a little further from the wound; release the one nearest the extremity, still sucking the wound. In most cases this will suffice. Never travel in the bush without a piece of string in your pocket. Should faintness come one, not otherwise, give a glass of brandy, and repeat it, but with caution; and should it be necessary, from the length of time elapsing since the bite without remedial measures having been applied, apply the galvanic battery; administering sharp shocks to the patient, and taking care to get the sufferer quickly to the nearest doctor. Caution.—To avoid unnecessary fear and trouble, we give the following diagnosis of snake bites from Krefft's "Snakes in Australia":—Venomous or dangerous snakes leave two marks, thus . . Innocuous or harmless snakes leave four or six marks, thus : : : :

Spitting of Blood.—Two spoonfuls of sage juice in a little honey will speedily stop either spitting or vomiting blood; or, take 20 grains in water every two hours.

Stiffness.—Stiffness after long standing, walking, or riding, will disappear almost immediately if the limbs are well rubbed with the following mixture:—The white of one fresh egg beaten up in 4 tablespoonfuls of vinegar and 2 tablespoonsful of spirits of turpentine—well shaken together in a bottle before being used.

Sprain.—Soak the part sprained in water as hot as it

can be borne. Keep the water hot by adding from the tea-kettle. Use the hot applications for, say, one hour. Then wrap in flannel wrung out of boiling water, and change as often as necessary to keep the heat. In 24 hours wrap in dry flannel.

Sprains and Bruises.—Sprains can only be cured by rest of the injured part.—If inflammation sets in, an application of ice will deaden the pain.—A thin slice of raw meat bound on the bruise will prevent or remove discoloration. —Slight bruises should be treated with warm applications of bread poultice frequently renewed.—Before proceeding to treat a sprain, be certain that it is one, and not a fracture, for the feeling is the same in both.—Sprained ankles have been cured in an hour by a shower of hot water poured from a height of two feet.—When the back is sprained the patient must lie as quiet as possible until all pain is ceased, then some stimulating liniment must be used.—A lotion of one teaspoonful of arnica in six of water will relieve pain and promote the absorption of blood poured out by the ruptured vessels.—A simple remedy for foot sprains is to slide the fingers under the foot, pressing the thumbs over the painful parts for about a quarter of an hour.

Sting of Insects.—Let the parts be bathed in a weak solution of ordinary spirits of ammonia, or sal-volatile, 2 teaspoonfuls to 1 oz. of water; the bathing should be frequently repeated.

Stye in the Eye.—Should you desire to hasten the development of this troublesome disorder, apply a bread (warm) poultice in a linen bag. Apply 2 or 3 times a day, and bathe frequently with warm milk and water.

Stye (Homoeopathic).—At the commencement, Pulsatilla 3 drops 3 times a day; afterwards Staph. If suppuration takes place give Hepar Sulph.

Sunburn.—For sunburn, use common baking soda, plain, mixed with vaseline; or mixed with fresh lard.

Sunstroke.—Symptoms: The breath becomes heavy and hot, pulse low, head feverish, and total unconsciousness follows. The blood, being collected in the brain and internal organs, leaves the extremities in a chilly state. Treatment: If a house be near by, carry the patient to it;

if not, select some cool place under a neighbouring tree. and stretch the unconscious man out at full length, with the head slightly elevated above the level of the body; apply ice to the head.

Tender Feet.—Sponge with strong solution of powdered alum and water. This treatment is preventative of for mation of hard corns on the toe also.

Throat Gargle.—A good gargle for the throat is the following: One wineglassful of vinegar, 2 tablespoonfuls of honey, ½ tumblerful of water; pour water (hot) on to the honey, stir up, and add vinegar, and use cold. After, continue to gargle night and morning with Condy's fluid.

Tongue Bitten.—A bitten tongue often bleeds profusely but cold water, or ice generally will stop it.

Cure for Toothache.—Two grains of permanganate of potash dissolved in a pint of water, forms a toothache remedy par excellence. A tablespoonful of this mixture held in the mouth from one to three minutes, then ejected, will drive away the most violent case of toothache known. A two-grain solution is strong enough, yet is harmless. It must be kept in a bottle of coloured glass or in a dark place.

Cure for Toothache.—Two or three drops of essential oil of cloves put upon a small piece of lint or cotton wool, and placed in the hollow of the tooth, will be found to have the active power of curing the toothache without destroying the tooth or injuring the gums.

Toothache.—Take 2 drachms fine powdered alum, 7 drachms nitrous spirit of ether. Mix and apply to tooth. Will stop instantly, unless toothache is the outcome of rheumatism.

Toothache or Neuralgia.—In cases of toothache or neuralgia, a towel folded several times and dipped in hot water, then quickly wrung out and applied where the pain is felt, will generally afford prompt relief.

Treacle Posset.—Warm ½ a pint of milk, and when on the point of boiling pour in ½ a pint of treacle. Stir, and let it stand for 10 minutes, and then strain through muslin to separate the curds. Drink hot, and it will be found of great benefit for a cold.

Spirits of Turpentine a Valuable Remedy.—This is one of the most valuable articles in a family, and when it has once obtained a foothold in a house, it is really a necessity, and could ill be dispensed with. Its medicinal qualities are very numerous; for burns it is a quick application, and gives immediate relief; for blisters on the hands, it is of priceless value, searing down the skin and preventing soreness; for corns on the toes it is useful; and good for rheumatism and sore throats. Then it is a sure preventive against moths; by just dropping a trifle in the bottoms of drawers, chests, and cupboards, it will render the garments secure from injury during the summer. It will keep ants and bugs from closets and storerooms, by putting a few drops in the corners and upon the shelves; it is sure destruction for bed-bugs, and should be applied to the joints of the bedstead in the spring cleaning time.

Urine, Inability to Void.—Give the sufferer ½ teaspoonful doses of sweet spirits of nitre, every 30 minutes, and place him in a hot bath, where, unless relieved, he should remain until he grows faint. If this treatment is not successful, the services of a physician will be required.

Warts.—Apply castor oil every night for three weeks, and by that time the wart will probably disappear, leaving no mark.

Warts to Destroy.—(1) Dissolve as much washing soda as the water will take up and wash the warts in this daily till they disappear, letting the soda dry on. (2) Rub frequently with a piece of fresh lemon, allowing it to dry in.

Wasp Sting.—A slice of common onion rubbed on the sting. If in the throat or mouth, chew an onion slowly and swallow. A certain cure.

Wasp Stings, Remedy for.—Apply a weak solutionof ammonia to the part with a small camel-hair brush. Do not dab the place with a rag dipped in the solution; that will blister the surrounding skin, and render the cure worse than the disease.

Whitlows.—Take common rock salt, dry in oven and pound up finely. Mix with equal parts of spirit of turpentine, put in a rag and wrap round affected part. As it gets dry put more on, and in 24 hours you are cured.

Whitlows.—Silicea given promptly will generally give relief. If formed with much pricking, sharp pain, Diosc. A lotion of Calendula may be applied locally.—(Homoeopathic.)

Whooping Cough.—(Homoeopathic treatment.) In first feverish stage, Aconite every 2 or 3 hours; afterwards Drosera and Ipecacuanha, 5-drop doses of each every 3 hours in alternation.

Whooping Cough.—If taken in time this remedy will give great relief; ½ a pint each of good malt vinegar and best treacle, boil the vinegar with a bruised clove of garlic, strain and add to the treacle, stirring till thoroughly mixed, and when almost cold add 1½ teaspoonfuls of paregoric. Give ½ a wineglassful occasionally.

Wounds, Cut.—Bring the separated edges of the wounds as exactly together as possible, and keep them in that position by strips of sticking plaster, or of soft linen cloth, which must be bound carefully, but not tightly, round the part. If considerable pain and throbbing arise, remove the dressing, and apply a poultice of bread and water.

Wounds, Bruised.—Endeavour to bring the separate edges together, and to maintain them so, as in a cut; but if this fail, or is impracticable, apply a bread and water poultice in the first instance, and a linseed meal poultice as soon as matter begins to be formed. If the bleeding from either a cut or bruised wound be considerable, pressure must be made upon the part by a hard pad of linen.

COOKERY FOR THE SICK.

Apple Water.—Take a juicy apple; pare, core, and cut in slices; boil in a closely covered vessel till thoroughly cooked; then strain and sweeten to taste.

Barley Cream.—Take 2 pounds of lean veal, free from fat or skin, cut it into pieces the size of a nutmeg, and put it into a stewpan with ½ a pound of pearl barley and 2 quarts of water, let it simmer till reduced to half the quantity, then rub it through a sieve, add salt to taste. It should be the consistency of thick cream.

Barley Water.—Place 3 ozs. of pearl barley in a china-lined saucepan with 1½ pints of cold water, boil for five minutes, throw the water away, and wash the grain well. Return the barley to the saucepan with one quart of water and boil slowly for two hours. Strain, flavour with orange, lemon, or any essence to taste. Rice may be used instead of barley for a change.

Beef Tea.—Cut into very small pieces about 1 lb. of lean gravy beef, put into a quart of cold water, after simmering for an hour over a gentle fire it should be strained; if agreeable, onions, pepper, and salt may be added.

Very Strong Beef Tea.—Cut 2 pounds of lean beef into small square dice, put it into a jar or a basin without water, cover it over, stand it in the oven for 3 or 4 hours till every drop of gravy is out of the meat. Then mix this rich stock with boiling water to the strength required.

Quick Way of Making Beef Tea.—Chop fine ½ lb. of rump steak, which must, of course, be raw and quite fresh, soak it for 10 minutes in cold water, just sufficient to cover it; add a little salt; then place a short distance from the fire, so that it may come very slowly to the boiling point. It should then boil for three minutes, and be served hot. It is as nutritious as if it took some hours to stew in a jar in an oven.

A Strong Broth.—Put 1 lb. of veal, 1 lb. of beef, 1 lb. of the scrag end of a neck of mutton, and a little salt into 3 quarts of water, and boil until reduced to a quart. Seasoning may be added as desired.

Chicken Broth.—To 1½ lbs. of chicken, cut in small pieces and bones broken, add 3 pints of cold water and a teaspoonful of rice. Bring slowly to a boil, and let simmer two hours, closely covered. When done pass it through a sieve into a hot bowl, pressing through the rice. Let stand a few moments, skim off the fat and season with salt.

Coffee Milk.—Boil a dessert-spoonful of ground coffee in nearly a pint of milk a quarter of an hour; then put into it a shaving or two of isinglass, and clear it; let it boil a few minutes, and set it on the side of the fire to grow fine. This is a very fine breakfast; it should be sweetened with sugar of a good quality.

Savoury Custard.—Beat an egg well, mix it with a ½-pint of strong beef tea and season. Butter a breakfast cup, pour the custard into it, and bake for 15 or 20 minutes.

Egg on Toast.—Brown a slice of bread nicely over the coals, and while doing this break an egg into boiling water, and let it stand over the fire until the white hardens. Butter the toast, take up the egg with a skimmer, lay on the toast and serve.

Flaxseed Tea.—Upon 1 oz. of unbruised flaxseed and a little pulverised liquorice root pour a pint of boiling (soft or rain) water, and place the vessel containing these ingredients near, but not on, the fire for 4 hours Strain through a linen cloth. Make it fresh every day. An excellent drink in fever accompanied by a cough.

Flaxseed Lemonade.—This is very soothing to patients suffering from colds; 1 quart of boiling water, 4 tablespoonfuls of whole flaxseed, 2 lemons, sugar. Boil the flaxseed in the water for 3 hours, letting it steep slowly. Strain, sweeten to taste, and add the juice of the lemons. If too thick, add a little water.

To Make Gruel.—Time, 10 minutes. 1 tablespoonful patent groats, 2 tablespoonfuls cold water, 1 pint boiling water. Mix groats with cold water till smooth; then pour boiling water on them, stirring all the time. Then set over fire in clean saucepan, and boil for 10 minutes. Sweeten to taste and serve.

Excellent Gruel for Invalids.—Mix a tablespoonful of medium Scotch oatmeal with two tablespoonfuls of cold water, then pour on one of boiling water gradually while stirring. Set all in a small stew pan, bring to the boil, and let it simmer for ¼ of an hour, or till it is a smooth jelly. Strain into a basin, sweeten and flavour to taste.

Oatmeal Gruel.—Take 1 pint of boiling water, 1 tablespoonful of raw oatmeal, ½ teaspoonful of salt. Place the water in a saucepan, add the oatmeal, and cook for two hours in a slow heat. Season with the salt, and strain or not, as the physician directs. To serve, fill cup two-thirds full with the hot gruel and fill full with cream or milk, stirring both well together.

Hot Lemonade.—This should only be drunk just before retiring. It is excellent for colds, but care should be

taken to avoid all exposure on the following day. One lemon, ¾ cupful of boiling water, sugar to taste. Squeeze the lemon juice into the water and add the sugar. Serve hot.

Milk (Hot).—This is considered a good stimulant after much fatigue. It should not be allowed to boil, but should just reach that point and be served as hot as possible, the cup being heated before being used, and the milk being covered with the inverted saucer while on its way to the sick-room. The patient should sip the milk as hot as can be borne.

Mutton Broth.—Put a pound of mutton cut up pieces in a quart of cold water, bring it slowly to a boil, and let simmer for two hours; when done pour through a sieve, skim off the fat, and season with salt and a very little red-pepper. A little fresh, well boiled rice may be added.

Onion Gruel.—Slice one onion, and boil it in the quantity of water required for the gruel, till quite tender; then add oatmeal, mixed smooth in cold water, a little fresh butter, a peppercorn or two, etc.; let it boil a few minutes; then strain it.

An Excellent Orange Jelly Recipe for Invalids.—Take the juice of 6 oranges and 1 lemon, strain it, and mix with 2 ozs. of sugar. Boil ¾ of an ounce of good isinglass very slowly in ½ pint of water, with the peel of half a lemon, till the isinglass is quite dissolved. Strain the isinglass, etc., slowly through muslin into the sweetened juice. Mix thoroughly and pour into a mould. Keep in a cool place.

Rice Jelly.—Mix enough water with 2 tablespoonfuls of rice flour to make a thin paste, and then add 1 coffee-cupful of boiling water. Sweeten to taste, and boil until the rice is transparent. If intended for a person suffering from intestinal troubles, boil with a stick of cinnamon; if for a fever patiet, add, when done, several drops of lemon juice. Wet a mould with cold water, pour in the jelly, and when cold serve with milk and sugar.

Rice Water.—One tablespoonful of whole rice, two pints of cold water (thoroughly wash the rice with cold water first). Put the rice into a pan with water, and bring to

boiling point; boil (covered) for 30 minutes, strain, and serve cold. A little sugar or cinnamon added gives flavour.

Soothing Nourishment in Consumption.—Beat up a tablespoonful of oatmeal and a tablespoonful of honey, with the yolk of an egg; pour upon it a pint of boiling water; then boil all together for a few minutes.

Toast.—Use stale bread; cut slices thin and even; place on a thin platter in an open oven, and dry it through; then place in a toaster and turn from one side to the other until it receives a deep yellow and uniform color. If to be served dry, place on a hot plate, butter and salt slightly.

Toast and Water.—Toast slowly a thin piece of bread till extremely brown and hard, but not in the least black, then plunge it into a jug of cold water, and cover over an hour before being used. This is specially a suitable drink for weak bowels.

To Make Water Toast.—Prepare the bread in the same manner as described above, then pour over it a cupful of boiling water, cover with a dish, and set in a hot oven for a few minutes.

Toast Sandwiches for Invalids.—Toast carefully a very thin slice of bread; cut off the crust; spread two slices of thin bread and butter, also cutting away the crust, seasoning each with a very little made-mustard and a sprinkle of salt; lay the toast in the middle, serving it as a sandwich.

HEALTH—HINTS FOR THE PRESERVATION OF.

Air, Impure.—Keep your house and premises free from all decaying and offensive matter; see that no bad smell comes from drains, sinks, cesspools, or water-closets, and give free access to sun and air in every possible corner of the dwelling from cellar to attic. Pure air is indispensable to health.

Apples.—A ripe apple eaten half an hour before breakfast every morning is a great complexion clearer and beautifier. The morning is the best time to eat fruit.

Rules for Bathing.—Never bathe until from two or three hours after a full meal. Never take a cold bath when in a state of fatigue or when cold. Always dry the body perfectly after any kind of bath, and exercise until warm. If not able to take exercise, wrap up warmly and use hot bottles; never sit and shiver. Take no food for an hour after a bath, and drink no water just before one. Heat of body and perspiration is no objection to a cold bath provided that the respiration is not disturbed and there is no fatigue. No cold baths ought to be taken during the menstrual period. In all cases of bathing, either in daily life or special treatment there ought to be a cessation one day in seven, or a few days during the month to promote re-action.

Bed, Damp.—The best test to ascertain if a bed be damp is to put an ordinary looking-glass between the sheets, and if on withdrawing it the glass is damp, you may rely it is a sure sign that the bed is damp.

Good Rules.—Exercise every muscle of your body daily. Practise deep breathing, and always through the nostrils, with closed mouth. Employ yourself from six to eight hours daily in some useful occupation. Sleep as many hours as you find necessary. Take half of these hours before, and half after midnight. Observe regularity in eating, drinking, and sleeping. Never get angry; never worry; seek rest in change of occupation; cultivate a spirit of cheerfulness, thankfulness and generosity; and do all you can to help others by word, deed, and example.

Health, Preservation of.—Adopt the plan of rising early, and never sit up late at night. Wash the whole body every morning with cold water by means of a large sponge, and rub it dry with a rough towel, or scrub the whole body for ten or fifteen minutes with flesh brushes; or sponge with sea salt, dissolved the night previous; or sponge with water to which has been added a small quantity of vinegar. Those who use cold water regularly, either with a sponge or as a bath, are able to bear exposure to the weather much better than without its aid. In

winter take the chill off the water before bathing. Drink water generally, and avoid taking spirits, wines, or fermented liquors. Sleep in a room which has free access to the open air and is well ventilated. Keep the head cool by washing it with cold water when necessary, and abate feverish inflammatory symptoms when they arise, by preserving stillness. Symptoms of plethora and indigestion may be corrected by eating and drinking less per day for a short time.

Health and Diet.—Here are eleven rules to be observed by those who suffer from dyspepsia:—

Eat slowly, masticating the food very thoroughly, even more so, if possible, than is required in health. The more time the food spends in the mouth, the less it will spend in the stomach.

Avoid drinking at meals; at most, take a few sips of warm drink, at the close of the meal, if the food is very dry in character.

In general, dyspeptic stomachs manage dry food better than those containing much fluid.

Eat neither very hot nor cold food. The best temperature is about that of the body. Avoid exposure to cold after eating.

Be careful to avoid excess in eating. Eat no more than the wants of the system require. Sometimes less than is really needed must be taken when digestion is very weak. Strength depends not on what is eaten, but on what is digested.

Never take violent exercise of any sort, either mental or physical, either just before or just after a meal.

Never eat more than three times a day, and make the last meal very light. For many dyspeptics, two meals are better than more.

Never eat a morsel of any sort between meals.

Never eat when very tired, whether exhausted from mental or physical labour.

Never eat when the mind is worried or the temper ruffled, if possible to avoid doing so.

Eat only food that is easy of digestion, avoiding complicated and indigestible dishes, and taking but one to three kinds at a meal.

Most persons will be benefited by the use of oatmeal,

wheatmeal, and other whole-grain preparations, though many will find it necessary to avoid vegetables.

Health, a Rule of.—Keep your head cool by temperance, your feet warm by exercise; rise early, and go soon to bed; and if you are inclined to get fat, keep your eyes open and your mouth shut.

Health, How to Keep Well.—Don't go to bed with cold feet. Don't open your mouth upon leaving a hot atmosphere, but breathe through the nose. Never take hot drinks and go out immediately into the cold.

Hygienic Rules.—Never eat when much fatigued; wait until rested. Never eat just before you expect to engage in any severe mental or physical exercise. Never at while in a passion, or when under any great mental excitement, depressig or elevating. Never eat just before taking a bath, or just before retiring to rest at night. Never eat between regular meals. Thousands of persons have been prematurely laid in their graves simply from eating heartily when the system was not in a condition to properly digest and appropriate the food. When the system requires food, and is in a condition to make good use of it, it will call for it in its legitimate way.

To Increase Lung Power.—Men and women can increase their lung power—chest expansion it is called technically—by five miutes' exercise morning and night. Stand up straight on the balls of the feet, head thrown back, and inhale deeply, first inflating the lower part of the lungs, and then the upper. Then expire slowly, letting the chest sink first and then the lungs. Do this 15 times morning and evening, and, my word for it, you'll spend less money on colds and catarrhs.

To Ascertain the State of the Lungs.—Draw in as much breath as you conveniently can, then count as long as possible in a slow ad audible voice without drawing in more breath. The number of seconds must be carefully noted. In a consumptive the time does not exceed 10, and is frequently less than 6 seconds; in pleurisy and pneumonia it ranges from 9 to 4 seconds. When the lungs are sound the time will range as high as from 20 to 35 seconds. To expand the lungs, go into the air, stand erect, throw back the head and shoulders, and draw in the air through the

nostrils as much as possible. After having then filled the lungs, raise your arms, still extended, and suck in the air. When you have thus forced the arms backward, with the chest open, change the process in which you draw in your breath, till the lungs are emptied. Go through the process several times a day, and it will enlarge the chest, give the lungs better play, and serve very much to ward off consumption.

Meals, Arrange Regular.—Children should not be allowed to eat between meals. The younger the child the more frequent the meals, but the habit, of regularity, cannot be too strongly insisted upon. This is advisable in all households, and tends to healthiness and an absence of consumption.

Olive Oil.—It has long been observed that those who treat olive-oil as a common article of food, and use it as such, are generally healthier and in better co dition than those who do not, and its therapeutic and prophylactic properties are very favorably regarded by medical men. It is known to be destructive to certain forms of micro-organic life, and for the eradication of such from the system its internal use has been successfully resorted to.

Cautions in Visiting the Sick.—Do not visit the sick when you are fatigued, or when in a state of perspiration, or with the stomach empty—for in such conditions you are liable to take the infection. When the disease is very contagious, place yourself at the side of the patient which is nearest to the window. Do not enter the room the first thing in the morning, before it has been aired; and when you come away, take some food, change your clothing immediately, and expose the latter to the air for some days. Tobacco smoke is a preventive of malaria.

Towel Bath.—A thorough rubbing, daily, first with a coarse, and then with a soft towel, immediately after the morning wash, is always healthful, provided it can be done without chilliness or exhaustion of the strength. Continue the towel exercise until the body is thoroughly dry and the glow of the skin is assured.

Vegetables Easy of Digestion.—Cauliflower, asparagus, French beans. Moderately Digestible.—Potatoes, cabbage, spinach, onions, salads, artichokes, lettuce. Diffi-

sult of **Digestion.**—Raw cucumber, peas and beans, mushrooms, beetroot, and all pickles.

Ventilation.—An easy and effective mode of ventilation can be arranged by having a piece of wood cut a little smaller than the width of window frame, and about 6 in. high, and inserted at the bottom of the frame; shut the bottom window down on the wood, and a steady ventilating process is carried on midway.

For Ventilation.—Open your windows both at top and at bottom. The fresh air rushes in one way, while the foul air makes its exit the other. This is letting in your friend and expelling your enemy.

Water as a Blood Purifier.—A free use of water for drinking purposes will do more to renovate the body than all the blood purifiers in the market. Early in the morning and at night, when the stomach is empty, and also half an hour before meals, water is beneficial in dissolving the mucus which has accumulated on the stomach's surface, and which would interfere with the oozing out of the gastric juice. Hot water is more beneficial than cold for this purpose.

INFANT MANAGEMENT AND CHILDREN'S DISEASES..

Artificial Food for Infants.—Mix one tablespoonful of fresh (cow's) milk with two teaspoonfuls of hot water, and add a little sugar. This is sufficient for once feeding a new-born infant, and the same quantity may be given every two or three hours. The milk should always be from the same cow and be freshly prepared each time the infant is to be fed. Infants should rest thirty or forty minutes after taking food. If the child's stomach does not retain the milk, add a litle soda or a teaspoonful of lime-water. After using the nursing bottle, cleanse it with boiling water; also, place the rubber tube and tip in cold water in which a little soda has been dissolved. After the infant's first teeth have come, thinly prepared arrow root, or equal parts of cow's milk and water, may be given two or three times daily, in addition to the regular food.

Bathing a Baby.—Bathing a baby should always be done at the same time every morning, say, an hour or two after its morning meal. It is not at all healthy or right to keep a baby unwashed till late in the day. It is also contrary to the laws of health to give a baby food and bathe it directly afterwards, for no child, however young, should have a bath on a full stomach; this same rule applies if only milk has been given. The bath of a child should be given at least an hour after food has been taken, and the heat of it should be carefully tested by a competent person. The baby should enjoy its bath. It should be in a warm room. The soap used should be very mild, and if it irritates use none at all, or only a trifle.

Bumps.—Children are always receiving bumps on the head. If of an ordinary character, let the child sleep, as it will be inclined to do so. Although dazed and often quite insensible, yet a good sleep will generally bring them completely out of their trouble. If they are stupid after having had a good sleep, then send for a physician.

Chafing.—This is most painful and keeps the baby in a constant state of fretfulness and misery. If the napkins are changed regularly, and the child dried and powdered with Fuller's earth, it will seldom occur. When the skin becomes roughened, it should be dusted with powdered boracic acid, or lycopodium powder. If the skin is broken, the part should be washed in this boiled starch, carefully dried with a soft handkerchief, and then thickly dusted with the powder.

Chicken Pox (Homeopathic).—For first feverish symptoms Aconite, 3 drops every 2 hours; when fever abates Rhus Tox., 3 drops 3 times a day. If there is much itching, smear parts with Camphorated Oil.

Children and Medicine.—When a child absolutely refuses to take necessary medicine, it must be administered by force; but this is seldom necessary, and generally shows want of firmness and kindness in the nurse. When force is necessary, the nurse should close the nostrils of the child with one hand, and when the mouth is opened should pour down the medicine well back into the throat with a spoon or glass held in her other hand. It is always unwise to deceive a child as to the taste of medicine,

and the best plan is to explain that the medicine must be taken—say that if it is swallowed quickly it will taste less, and promise a scrap of chocolate or sugar afterwards if this is allowed. It is most important that medicine should be given in the exact quantities ordered. It is best measured in a graduated medicine-glass.

Cleanliness.—A baby should be bathed from head to foot every morning. Undressed at night and rubbed with the hand until it is in a glow. Warm water should be used at first, and the temperature gradually lowered until at six months it delights in nearly cold water. No sour smelling bib or garment should be permitted to remain on a baby. They are too sensitive to bad air to have anything about them that is not pure and sweet.

Cold in the Head.—This is sometimes a serious affection in a little baby. If the nose is stuffed up it cannot nurse without choking. The feet should be soaked in warm water with a little mustard sprinkled in it, a half a teaspoonful of castor oil given, and the nose well rubbed with warm camphorated oil. If the child wheezes and breathes with difficulty the chest should be rubbed with the oil and five drops of syrup of ipecac given and repeated in half-an-hour. If there is much oppression the child should be held over a pitcher of boiling water and allowed to breathe in the steam.

Constipation.—Lay child on its back and gently press the bowels, rubbing and kneading them also. If this is not effective shave a small piece of Castile soap to a point and insert in the passage. Sometimes a little strained oatmeal gruel well mixed with the milk will release the bowels. The child should be held out every morning to ensure regular habits.

Convulsions.—Unloose the child's clothes, raise the head, sprinkle the face with cold water. Put the child into a warm bath at 98 up to the neck, in front of a fire. Apply to the head a sponge or towel squeezed out of cold water. Keep up the heat of the bath, let the patient remain in for 10 or 15 minutes, then dry thoroughly with a warm towel, and wrap in a warm blanket.

Curing Croup.—Croup can be cured in one minute, and the remedy is simply alum and sugar. The way to accom-

plish the deed is to take a knife and grate or shave off in small particles about a teaspoonful of alum, then mix it with twice its quantity of sugar to make it palatable, and administer it as quickly as possible. Almost instantaneous relief will follow.

Treatment for Croup.—The disease is frequently caused by an undigested meal, and vomiting usually brings relief. The household remedy is ipecacuanha wine, given pure in teaspoonful doses every five minutes till sickness occurs. Then the child may be placed in a warm bath for a quarter of an hour, after which small doses of ipecacuanha wine should be given every two or three hours. A large sponge dipped in hot water, and frequently renewed, should be held to facilitate respiration until the emetic takes effect. As croup is a disease in which life often depends upon promptness, even a slight attack should be attended to instantly, and if the doctor is within call, he should be sent for immediately. The remedies suggested above may be resorted to till the doctor comes to take charge of the case.

Croup.—This is an inflammation of the wind pipe, but has a close resemblance to diphtheria, and many cases called croup are really diphtheria. Croup is generally caused by exposure to chilly winds and cold, damp air. The first symptoms are those of a common cold, but very soon there is a hard, ringing, brassy cough, with difficult, hurried breathing, and a peculiar crowing noise. These symptoms are distinct and well marked, and if once observed cannot be mistaken. The attack generally comes on or gets worse at night. There is no disease in which early and active treatment is more required than in croup, as it is only at the commencement that much good can be done. Give a warm bath at once for twenty minutes. Keep the child in bed in a warm, moist room, as recommended for diphtheria, and let it inhale steam from a jug. A sponge or piece of flannel wrung out of water as hot as the hand can bear should be applied over the throat, and repeated every two minutes for half an hour or so, till the skin gets red. Give emetics freely from the first, and repeat them and the warm bath, if required. Ten drops of ipecacuanha wine in cold water, sweetened to taste, should be given after the vomiting has ceased, every hour at

first, and after improvement every three hours, till the child is out of danger. Keep up the strength.

Croup is one of the most dangerous diseases of children. Send for your medical man. In the meantime, put the child into a hot bath up to the neck for 10 minutes, then dry with hot towels and wrap in a warm blanket to promote perspiration. Now apply cloths squeezed out of hot water to the throat. Give one drop of aconite ix and moist. Steam may be inhaled. Children liable to croup should not sleep in cold bedrooms.

Diarrhoea.—A young baby should have several light coloured movements of the bowels in 24 hours. When they are thinner than usual and dark or greenish in colour, something is wrong. The digestive tract is disturbed in some way, and should be regulated by boiling the milk, adding lime water, and changing from hot to cold.

Diphtheria.—A few years ago, when this dreadful disease was raging in England, a very simple and rapid remedy for it was discovered by the celebrated Dr. Field. He put a teaspoonful of flour of sulphur into a wineglass of water, and when well mixed he gave it as a gargle. Brimstone destroys every species of fungus in man, beast, and plant. Instead of spitting the gargle out, Dr. Field recommended the swallowing of it. In extreme cases to which he had been called just in the nick of time, when the fungus was too near closing to allow gargling, he blew the dry sulphur through a quill into the throat, and after the fungus had shrunk to allow of it, then ordered the gargling, and he never lost a patient through diphtheria. This malady is the result of blood poisoning. It comes like a cold, and it attended with slight difficulty in swallowing, and a feeling of stiffness in the neck, with a very offensive breath. The glands about the throat swell, and white patches may be seen on the tonsils and on the back part of the throat. Send for the doctor as soon as these symptoms are noticed, and follow his directions implicitly. Put the patient in a room by himself, and allow no one to go near him but the nurse—keeping the other children from him, and from school. Catch the discharges from the nose and mouth on soft rags, which should be burned at once. Do not kiss the patient, and

avoid inhaling the breath. During convalescence do not allow the patient to leave the bed until so advised by the physician. Sudden death sometimes occurs in convalescence from diphtheria, owing to paralysis of the heart. Bad drains and evil smells help to cause diphtheria, especially in children.

Diphtheria Cure.—Mr. J. R. Redstone, postmaster at Bellingen, has received the following from Mr. John Evans, who was for 27 years a letter-carrier at Ipswich, Queensland. It may prove of interest to our readers:—"I wrote to you not knowing any other source, a cure for diphtheria. I see by the "S. M. Herald" the death of two children. I have cured several this month in Darlington and Redfern, and for over 26 years in Ipswich. One bottle will cure at least twenty diphtheria patients. Put a teaspoonful of cayenne pepper in a pint and half bottle of water; take a teaspoonful every half-hour The third or fourth dose will cure the worst case. All the cases in Wagga I cured in the year 1888."

Cure for Diphtheria and Scarlet Fever.—Take, say, a gill of vinegar, one teaspoonful of table-salt, and slice up 4 or 5 large onions in it, and let it heat in a pan. Put it in a flannel bag, squeeze it out lightly, and pin around the child's throat as hot as it can be borne, and also put the same on the bottoms of the feet. Change the application morning, noon, and night, for 3 or 4 days, and it will cure the worst case. It will produce abscesses on the surface of the skin. The same is sure to cure the worst case of scarlet fever, if used in the same way.

Infants' Food.—Let 1 quart of milk stand over night; skim off the cream, and upon it pour 1 pint of boiling water. In 1 quart of water let 1 tablespoonful of oatmeal boil about 2 hours and then strain. To 1 gill of the cream and water add 2 tablespoonfuls of the oatmeal water. Sweeten it when given. This receipt comes from an experienced nurse, and has been well tested.

Inflammation.—Babies under a week old sometimes have a painful affection of the eyes. The lids swell and become red, sometimes matter oozes from between them. Unless care is used, the sight may be affected. If one eye is attacked the other should be covered with a piece

of fine linen kept in place by a strip of plaster. The sore eye must be bathed every hour with a little warm milk and water, using a piece of fine cambric, not to irritate it. If the child is being nursed by its mother a few drops of breast milk may be allowed to drop on the eye to wash it out. If the inflammation increases, the doctor should be consulted.

Lime Water for Babies.—Slaked lime, ½ oz.; water, 2 pints. Put the lime into a stoppered bottle with the water, and shake well for 2 or 3 minutes. Allow it to stand until the sediment has fallen to the bottom, and then draw off the clear liquid into a well-stoppered green glass bottle for use.

Mumps (Homeopathic Treatment). — With fever, thirst, restlessness, and pain, Merc. Sol. and Aconite alternately, 3 drops of each every hour; discontinue the Aconite when fever abates, giving Phytolacca alternately with Merc. Sol. During convalescence give China thrice daily.

Prickly Heat.—Dress lightly, removing flannels. Bathe in cool (not cold) water, often enough to remove the irritating perspiratory secretions. After the bath, dry the skin with soft towels. If the itching is excessive, apply lotions containing one teaspoonful of saleratus to a pint of water. If the eruption covers the entire surface of the body, take a bath in tepid water containing from two to four ounces of washing soda.

Scarlet Fever.—Keep all who have never had the disease away from the house. If possible, send other children away. Do not kiss the patient, and keep others from doing so. Rubbing the body with vaseline or oil will allay the itching. The patient should be kept in bed until the skin has done peeling, and in his own room for two weeks longer. Keep the patient away from other members of the family for a month from the inception of the disease. Avoid exposure to cold, and carefully obey the physician's orders.

Scarlet Fever.—As a preventative when there is scarletina in the family or with neighbours, take 2 drops of Belladonna twice or thrice daily. The principal remedies are: Belladonna, Aconite, Baptisia, and Apis. It is advisable in all cases of scarlet fever to call in a medical man.

Teething.—This should be carefully watched. Diarrhoea should be stopped. If there are more than three movements in a day, the food must be attended to. Give boiled milk and rice water. When mouth is hot and gums swollen give cold water occasionally. Also provide a rubber ring or something hard to bite on as pressure on the gums gives relief. If restless at night give a clean wet cloth to suck. Above all things keep the bowels in good condition.

Thrush.—Mix a teaspoonful of borax and two of glycerine with 6 teaspoonfuls of water. With this paint the inside of the mouth every 2 hours, using a piece of soft cotton tied on a stick as a brush.

THE SICK-ROOM—HOME NURSING HINTS.

Artificial Heat.—To place in the beds of invalids, bags of hot sand or hot bran are more comfortable to the feet, retain the heat longer, and are much better, than bottles of hot water.

Disinfectants for use in Water Closets.—Corrosive sublimate solution: Fifteen grains corrosive sublimate; fifteen grains of muriate of ammonia; one pint of water. Copperas Water Solution: Four pounds copperas; ten quarts hot water. Stir with stick until copperas is all dissolved.

The Sick Room.—Pure air is an absolute necessity. To ventilate a room once or twice a day is not sufficient. The breath of a person, and the emanations from the body are constantly serving to poison the air, and unless constant attention is given become not only a danger to the patient but a menace to the nurse. Cold air is not necessarily fresh air. Doors should be kept closed and windows open, for fresh air comes from the outside.

If the bed happens to be close to the windows place a screen between them, and if the weather is too cold cover the patient, head and all, and then introduce the cold air several times a day.

An open fire is the best because a draught is thus formed that carries the foul air out of the room.

No vessels that have been used should be kept in the room a moment. Covers should be provided for them and when one is used it should be carried out, emptied, scalded with boiling water and rinsed with a little disinfectant. No patient should be allowed to get out of bed, as colds are frequently caught that way, and the best plan to obviate this is to furnish vessels for use in bed. These are made in both earthen and rubber, and should a'so be carefully scalded out when used.

Sick Room, Flowers in.—Many argue that flowers should be kept away from sick rooms, lest they exhaust the air, etc.; that is true with certain flowers, such as lilies and lilacs; but a few roses, mignonette, or violets will prove to be most reviving to weary eyes and depressed spirits, one of the real ministry of flowers.

Sick Room Hints.—Convalescents should have small meals frequently. Never keep food in the sick room. Always give a patient nourishment of some kind immediately after fatigue of dressing. Do not allow more than one or two visitors in the sick room at a time. The nurse should wear a cotton dress, and soft shoes in the sick room. Bread poultices should be made with stale bread and boiling water. If mustard plasters are mixed with white of egg, instead of water, they will draw well and will not blister. Unless a patient is very weak, always make the bed morning and evening.

Ventilation.—The window of a sick room should never be closed. The bottom sash should be slightly raised, causing a current of air through the centre of the window, and the space below should be filled in.

Visitors.—There is much more injury done by admitting visitors to invalids than is generally supposed.

MISCELLANEOUS MATTERS.

Acetic Acid Vinegar.—Mix 1 pint acetic acid with 8 pints cold water. Either bottle or make as it is wanted. Color with burnt sugar.

Beeswax, to Clean.—Melt over slow fire with four times its volume of water to remove all soluble impurities, stir well when dissolved. Allow it to cool, take out cake, scrape off impurities from all side of cake. Re-melt, and strain through fine calico. Repeat process if necessary and the dirtiest and most discolored wax can be made to look as good as the best.

Bird Lime.—Boil linseed to the consistency of glue, adding a small lump of resin to every half-gallon or so of the oil.

Blacken Board, To.—Take ¼ lb. orange shellac, 1¼ pint methylated spirits, 2 ozs. rotten stone in powder; dissolve; then add enough vegetable black or ground dry drop black to cover well; shake well up and apply like paint, laying the board flat for each coat. Smooth down with No. 0 glass paper if too rough, between each coat, and dry in the sun. This recipe will write well, and is very hard, the chalk rubbing off easily.

Black Inkstains.—Soak in pure milk, and keep replen ishing as the ink disappears.

To Remove Blood Stains.—Put a few drops of chloro form on a piece of cottonwool and rub hard into the blood stain for about a minute.

Boards to Whiten.—Board may be made white by clean ing them with about three parts of common white sand to one part of newly-slaked lime.

Boot Blacking.—A good substitute for blacking for boots is orange juice. Take a slice or quarter of an orange and rub it on the shoe or boot; then, when dry, brush with a soft brush till the shoe shines like a looking glass.

Boot Polish.—For boots of both colours, furniture, etc., 1 oz. of beeswax, 1 oz. of white wax, ½ oz. of Castile sap. Scrape all these ingredients very finely, and put all together into a basin, and add ½ pint of best turpentine. Let stand 24 hours; stir in ½ pint of boiling water, and stir one way until cold. Bottle, cork and seal.

Boots.—To make boots waterproof: Saturate them with castor oil. To soften kid boots melt equal parts of tallow and olive oil. Apply now and then with flannel. The

creaking of soles of boots and shoes may be cured by the application of linseed oil. A good plan is to turn a small quantity of the oil upon a dinner-plate, and let the sole rest in it. The leather will absorb the oil, which, in addition to stopping the creaking, will make the leather proof against water.

Waterproofing for Boots.—Melt together over a slow fire ½ lb. lard, ½ lb. olive oil, 2 oz. caoutchouc.

New Boots.—A simple remedy for new leather boots which will not polish is to rub them with half a lemon, and leave until thoroughly dry before cleaning. The application may be repeated once or twice to still further improve them.

To Black Tan Boots.—A very simple method (and quite harmless to the leather): Wipe over with warm soda water (washing soda), let dry, then black with ordinary blacking. The tan will never show brown after .

To Blacken Tan Boots.—Rub well with the inside of a raw potato, let dry, and then gloss. It has splendid results. This is the army way of doing it.

For Brown Boots.—Scrape 2 ozs. of beeswax, place it in a jar with one gill of turpentine, and dissolve it by heat. When cold apply to the boots, using a flannel. Polish by rubbing with the palm of the hand. Stains may previously be removed by rubbing with a little methylated spirit, or a weak solution of oxalic acid.

Remedial Properties of Borax.—It may be interesting to some to know that a weak solution of borax-water snuffed up the nostrils, causing it to pass through the nasal passage to the throat, then ejecting it from the mouth, will greatly relieve catarrh, and in cases not too obstinate or long-standing, will, if persevered in effect a permanent cure. It is also of great value in case of inflamed or weak eyes. Make a solution (not too strong), and bathe the eye by opening and shutting it two or three times in the water. This can be done by means of an eye cup, or equally as well by holding a handful of the water to the eye. Another difficulty, with which many persons are afflicted, is an irritation or inflammation of the membrane lining the cavities of the nose, which becomes aggravated by the slightest cold, often causing

great pain. This can be greatly relieved, if not entirely cured, by snuffing borax-water up the nostrils two or three times a day. The most difficult cases of sore throat may be cured by using it simply as a gargle. As a wash for the head it not only leaves the scalp very white and clean, but renders the hair soft and glossy. It has also been found by many to be of invaluable service in case of nervous headache. If applied in the same manner as in washing the hair, the result is wonderful. It may be used quite strong, after which rinse the hair carefully with clear water; let the person thus suffering remain in a quiet, well-ventilated room, until the hair is nearly or quite dry, and, if possible, indulge in a short sleep, and there will hardly remain a trace of the headache. If clergymen, teachers and others, who have an undue amount of brain-work for the kind and quality of physical exercise usually taken, would shampoo the head in this manner about once a week, and then undertake no more brain-work until the following morning, they would be surprised to find how clear and strong the faculties had become, and there is reason to hope there would be much less premature decay of the mental faculties. As a toilet requisite it is quite indispensable. If used to rinse the mouth each time after cleaning the teeth it will prevent the gums from becoming diseased or uncleanly. In short, in all cases of allaying inflammation there is probably nothing better in materia medica. The average strength of the solution should be a small teaspoonful to a toilet-glass of water.

Boots, to Soften Kid.—Melt ¼ lb. of tallow, add to it ¼ lb of olive oil, stir, and let it stand still; apply a small quantity occasionally with a piece of flannel. Should the boots be very dirty, cleanse with warm water.

Bottles, Wax for.—Shellac 25 parts, resin 45 parts, Venice turpentine 15 parts. Color by the addition of Venetian red or ultramarine.

Brass to Polish.—To bring a beautiful polish to brass, it should be rubbed with pulverised rotten stone, mixed with oil of turpentine, which should be left on for a little while, and then brushed off with a soft cloth. Occasionally use a mixture made by dissolving an ounce of oxalic acid in a pint of soft water.

Brass, to Clean.—Old brass may be cleaned to look like new by pouring strong ammonia on it, scrubbing with a scrubbing brush, and then rinsing in clear water.

Brass, to Clean.—Warm the brass first, rub it with a little sal-ammoniac finely powdered and wet, then polish with wash-leather.

Brown Bread.—3 cups boiling water; teaspoonful carbonate soda or 2 of baking powder, dissolve in water; half a cup molasses, salt, thicken with white flour and bran to make a stiff dough; bake in a quick oven.

Canaries Eating their Eggs.—Give them one or two eggs that have been sat upon for a fortnight and proved unfruitful. If too many are given they will make the bird ill.

Canaries Losing their Feathers.—Put a little Jay's Disinfectant in the bath every morning. Little red insects are sometimes the cause. A perch of bamboo, with several holes in it, is the best, as you can shake them out. Also a rusty nail in water to drink.

Casks.—Foul casks made clean: Tainted wooden casks of every description may be rendered perfectly sweet and wholesome by washing them with diluted sulphuric acid (oil of vitriol) and water, and afterwards with lime-water, and then pure water.

A Good All-round Cleanser.—One part pumice powder to three parts soap powder. Mix these two well together. Take an old baking powder tin, knock holes in the lid with something sharp, put your mixture in, and sprinkle a little on what you wish to clean.

Waterproofing for Cloth.—Siever's process: 1 lb. sugar of lead, 1 lb. of alum, pound separately, and mix in a basin; pour two quarts of boiling water on the mixture. let it stand six hours, and then bottle off for use. Apply to the cloth with a sponge or soft brush on a table till well saturated, and then iron it over and hang up to dry.

Clothing on Fire.—Do not lose presence of mind; don't rush madly out of the room, or in any draught. Snatch a tablecloth or hearthrug and wrap tightly round the person. This will exclude the air and extinguish the flame. If alone, roll over and over on the floor,

Collar of Black Coat, to Renovate.—Dilute a tablespoonful of ammonia with the same quantity of quite boiling water. With a piece of black cloth rub this solution on to the affected part, changing the surface of the rubber constantly. Hang in the air, and when dry brush thoroughly.

Crack in Stove.—100 parts of iron filings, borings, or turnings, which may be had at any engineer's for the asking, and 1 part of sal ammoniac, mix into a stiff paste with water and ram into crack as hard as possible with piece of hoop-iron or chisel; keep fire away f r three days. N.B.—Iron must be free from rust or dirt.

To Repair Cracks, Holes, etc., in Walls.—Equal parts of plaster of Paris and white sand— such as is used in most families for scouring purposes—mixed with water to a paste, applied immediately and smoothed with a knife or flat piece of wood will make the broken place "as good as new." The mixture hardens very quickly, so it is best to prepare but a small quantity at a time.

Damp Walls.—Line the damp part of the wall with sheet lead, rolled very thin, and fastened up with small copper nails; it may be immediately covered with paper, and so hidden from view. The lead is not to be thicker than that which lines tea chests.

To Clean Feathers.—Cover them with a paste made of pipeclay and water, rubbing them one way only. When quite dry shake off the powder and curl with a knife. Feathers that have suffered from damp should be held near the fire for a few minutes, and restored to their natural state by the hand or a soft brush, or re-curled with a blunt knife dipped in very hot water.

Dyeing Feathers.—Previous to dyeing, all feathers should be soaked in a hot bath containing a moderate quantity of Castile soap, followed by a second bath of washing soda or carbonate of ammonia; these remove all grease and soften the feathers so that the dyes penetrate better. The desired shade may be obtained with Judson's or Diamond dyes.

To Curl Feathers.—Heat them gently before the fire, then, with the back of a knife applied to the feathers, they will curl well and quickly.

To Clean White Felt Hats.—Make a thin paste of magnesia and water and rub in with a small brush; dry in the sun, after which brush out with a stiff brush.

To Clean Felt Hats.—Scrubbs' cloudy ammonia is the best thing to use. Apply it with a nail brush and dry in the sun.

Filling Cracks in Ceilings.—Whiting mixed with glue-water or calcined plaster and water makes a good putty for filling in plastered ceilings.

To Smoke Fish.—Remove the backbone without tearing the flesh, and press the fish open. Rub well with salt and hang in a draughty place for a time to dry. A large open fireplace with a hook in the chimney is needed, but a Colonial oven answers the purpose fairly well. Hang the fish up the chimney over a sawdust fire. Close the room up tightly, and allow the fire to smoulder all night.

How to Remove Tight Finger Rings.—Pass the end of a piece of fine twine underneath the ring and wind it evenly around the finger upwards as far as the middle joint. Then take hold of the lower end of the string beneath the ring, and begin to slowly unwind upward, when the ring will gradually move along the twine toward the top of the finger and come off.

Waterproof Fishing Lines.—Soak the line in equal parts of boiled oil and copal varnish. Stretch it on a fence or some other convenient place to dry, wiping off superfluous varnish with a rag. It is advisable to let the line remain for a week before winding.

To Make Fly Paper.—Boil linseed oil with a little resin till it forms a stringy paste. When cold, spread this on papers, using a large brush. This is inexpensive, and makes one of the best traps for flies I know of.

Fruit Stains.—When fresh, may be removed from cotton and linen by washing the fabrics in boiling water. When the stains have become "set," use a little oxalic acid. To remove fruit stains from the hands, wash the hands in clean water, and wipe them lightly. While they are yet moist, hold them above a lighted match. The vapor of the burning sulphur will cause the stains to disappear.

French Polish.—Fine brown: 1 pint of meth. spirits, ½ oz gum sandarac, 2oz shellac. Red: 1 pint spirits, 4oz orange shellac, and 1oz dragon's blood. White: Pint spirits, 4oz white shellac. Black:Pint spirits, 4oz white shellac, 4oz vegetable or gas black.

To Clean Furs.—For sable, chinchilla, and squirrel, take some new bran which must first be warmed carefully in a pan, but not burnt, whilst warming, stir it frequently. Rub the warm bran into the fur for some time, then shake it and brush it until free from bran. Ermine and minever are best cleaned with soft flannel dipped into common flour. Rub until the fur is clean, then shake it and rub again with a fresh piece of flannel until all the flour is out. By this method the color of the ermine is preserved. The following method is adopted in Russia: Some rye flour is put into a pan upon the stove and heated, being stirred constantly with the hand so long as the heat can be borne, then the flour is spread all over the fur and rubbed in well. It is then brushed gently with a very clean brush, or beaten softly till all flour is removed. This method is said to make the fur appear almost like new.

Gloves, to Clean Kid.—Rub the glove with a clean cloth dipped in milk, and then rub on brown Windsor soap; this will restore them to a fair state of cleanliness. A French method is to put on the gloves and wash them in spirits of turpentine exactly as if washing the hands. Rub well, and then stretch them, and let them dry, hanging in a strong current of air.

To Clean Black Kid Gloves.—Take a teaspoonful of salad oil, drop a few drops of ink in it, and rub it over the gloves with the tip of a feather; then let them dry in the sun.

Gloves to Clean.—The best way to clean any colour of kid gloves is to pour a little benzine into a basin and wash the gloves in it, rubbing and squeezing them until clean. If much soiled, they must be washed through clear benzine, and rinsed in a fresh supply. Hang up in the air to dry. Beware of fire when using benzine.

Grey Kid Gloves.—Rub the gloves gently but well with benzine (on the hands is best) after washing well, rub

dry, and hang out to take off smell. The colour will not be injured in any way.

Gloves, Wet, How to Deal With.—If you get calfskin or other strong kid gloves wet, rub a tiny drop of castor oil well in while they are still on your hands. This prevents them from drying hard and stiff, as they usually do after getting wet.

Evening Gloves, to Clean.—Put the gloves on the hands, rub them over with fuller's earth, then with a dry flannel, and finally shake out well to get rid of the powder. Then mix a little French chalk with sifted bran, and rub the gloves with this with the hand. The gloves will then be perfectly soft and clean, as new.

A Good Glue.—Take 2 lbs. of good glue, and 1 quart of water. Break the glue into pieces, put them into the water, and put the pot containing them into a pan or basin of hot water until the glue is quite dissolved. As it becomes cooler, add gradually 6 ozs. of nitric acid. When quite cold put it in stoppered bottles until wanted for use. It will keep for a long time.

Waterproof Glue.—Soak common glue in water until the pieces are soft , but retain their shape; then dissolve by gentle heat in unboiled linseed oil.

Waterproof Glue.—Boil one pound of common glue in two quarts of skimmed milk. This withstands the action of the weather.

Fire and Water-proof Glue.—A glue, said to be proof against both fire and water, is made by mixing a handful of quicklime with four ounces of linseed oil, boiling to a good thickness, and drying on tin plates in the shade. It is rendered fit for use by boiling over the fire in the usual way.

To Clean Gold Lace.—Procure some powdered rock ammonia, dip a flannel into it and well rub the lace.

How to Kill Grease Spots before Painting.—Wash over smoky or greasy parts with saltpetre, or very thin lime whitewash. If soapsuds are used, they must be washed off thoroughly, as they prevent the paint from drying hard.

To Take Grease Spots Out of Black Silk.—There is nothing better than benzine. Rub on the part affected

with an old piece of white flannel. After rubbing well the grease spot will soon disappear, and all trace of the benzine will also disappear as soon as it dries. Silk of any colour however delicate can be cleaned in this manner, as also can all woollen materials. Another.—If candle grease spots, they can be removed by putting a hot iron over blotting paper.

Grey Felt Hats.—May be cleaned by this method: Work cold water into powdered magnesia till you have a thick paste, put this all over the hat with a brush lightly. When quite dry brush off the powder with a clean clothes brush, and, if necessary, repeat the process. The black felt hat may be freshened by sponging with a little ammonia. To alter the shape a little, warm the felt, and when soft mould it with the hands, and when cold it should stay in place; this suggestion is very useful with brims which have got bent down in wear.

Gum on Postage Stamps, To Make.—Dissolve 2oz of dextrin in 5 oz. of hot water, and 1 oz. of acetic acid and 1 oz. spirits of wine.

Removing Grease Stains from Paper.—Thoroughly moisten the stained parts with benzine; on this lay a clean piece of blotting paper, and over the latter run a warm iron. If the first treatment does not remove the whole of the grease, repeat .

Cleaning Cutta-percha.—Can be cleaned by using a mixture of soap and powdered charcoal polishing afterwards with a dry cloth with a little charcoal on it.

Gum Arabic.—If to a strong solution of gum arabic, measuring 8½ fluid oz., a solution of 30 grains sulphate of aluminium, dissolved, two-thirds ounce of water be added, a very strong gum is formed, capable of fastening porcelain or glass.

To take Grease from Parchmen. To remove grease spots from parchment, cover with hot pipe-clay and place under pressure for a few hours.

Harness Paste.—Melt in a glazed vessel over a slow fire 2oz. black resin, when dissolved add ½oz. beeswax, when this has melted remove from the fire and add 1oz. lamp black and 1 oz. Prussian blue in powder. Stir well to-

gether, and add enough turpentine to form a thin paste. Apply, when cold, with a sponge and polish with a soft brush.

How to Clean Delicate White Chip Hats.—Take a piece of sulphur about the size of a walnut; place this in a saucer and apply a lighted match. When the sulphur is smouldering place it in a tin box with the hat and close the lid; the fumes will then bleach the hat.

To Polish Horns.—First use a wood rasp, or cut down till you get the colour showing outside the same as inside. Then use a rough file, sand-paper, fine glass paper to smooth down. Then fill them with kerosene oil till it penetrates through. Pour out and polish with oxide of tin, and rub with a kerosene rag until all scratches are out; then rub a little of the dry powder on, and finish off with friction—a soft hand or a piece of silk. This process never goes dull.

To Remove Iron Rust.—By allowing articles coated with red iron rust to remain a short time in kerosene oil, the rust can be readily removed by afterwards rubbing for a few minutes with cork.

Khaki Macintosh.—Brush the macintosh well, and sponge it with ammonia and water.

Lacquer for Brasswork.—Procure 1oz. each shellac, gamboge, and dragon's blood, and ½oz. saffron, place into a bottle with 2½ pints methylated spirit. Keep closely corked and agitate frequently; when all are dissolved pass through a fine strainer, and the lacquer is ready for applying. Must be kept closely corked. To apply, the article must be warmed and entirely freed of grease.

To Make Leather Waterproof.—Leather can be made waterproof by coating it until it will absorb no more, with linseed oil and Venice turpentine; boil ½ lb. of the latter in one quart of the oil and apply while warm.

To Clean Leghorn Hat.—½ oz. oxalic acid, ½-pint warm water. Brush hat gently, and be careful not to make it too wet; allow to dry, and remove all traces of acid by sponging with cold water. Cover hat with two folds of linen and iron with warm iron to give gloss.

To Clean Leghorn Hat.—Stir one teaspoonful of powdered sulphur into the juice of a lemon. Brush this mixture well into the hat with a toothbrush, and when clean place it under a tap and let water run over it to free it of the sulphur. Dry in the air out of the sun. Brush over with the white of an egg when dry.

What a Lemon will do.—Lemonade made from the juice of the lemon is one of the best and safest drinks for any person, whether in health or not. It is suitable for all stomach diseases, excellent in sickness, in cases of jaundice, gravel, liver complaint, inflammation of the bowels, and fevers. It is a specific against worms and skin complaints. The pippin crushed may be used with sugar and water, and taken as a drink. Lemon juice is the best antiscorbutic remedy known. It not only cures the disease, but prevents it. Sailors make daily use of it for this purpose. We advise everyone to rub their gums with lemon juice to keep them in a healthy condition. The hands and nails are also kept clean, white, soft and supple by the daily use of lemon instead of soap. It also prevents chilblains. Lemon is used in intermittent fevers, mixed with strong, hot, black coffee, without sugar. Neuralgia, it is said, may be cured by rubbing the part affected with a cut lemon. It is valuable also to cure warts. It will remove dandruff by rubbing the roots of the hair with it. It will alleviate, and finally cure, coughs and colds, and heal diseased lungs, if taken hot on going to bed at night. Its uses are manifold, and the more we employ it internally the better we shall find ourselves.

Lemons, to Keep.—Put in water, change once a week. Will keep a long time.

Liquid Resin.—Resin may be dissolved in turpentine or methylated spirits or benzine to any degree of strength, according to quantity added. Crush fine before mixing.

Marble Basin.—A little pulverised chalk moistened with ammonia and applied with a brush will remove the mark caused by the dripping of a faucet in a marble basin. An old tooth-brush is a good thing to use for this purpose.

Marble, Remove Stain from.—To half a pint of soap lees, a gill of turpentine, and a bullock's gall, add suffici-

ent pipeclay to form a paste. Spread it over the surface of the marble, let it remain for a couple of days, then rub it off with a soft cloth.

Marble, How to Polish.—Thoroughly wash the marble with soap and water. Cut up 6d. worth of beeswax and 2d. worth of camphor into shreds; put in a large cup, fill up with turpentine, melt it gently at the fire; when quite cool apply the polish with a flannel, leave it on for several days, then wash off clean, and scour the marble with soft soap and whiting.

Men's Straw Hats.—Scrub the hat well in warm soap and water, rinse the soap off, afterwards brush over with diluted tartaric acid; take care not to get the hat out of shape.

Metals, to Clean all Sorts of.—Mix ½ a pint of refined neat's-foot-oil, and ½ a gill of spirits of turpentine. Scrape fine a little rotten stone, wet the woollen rag, dip it into the scraped stone, and rub the metal well. Wipe it off with a soft cloth, and polish with dry leather.

Modelling Clay, to make.—Knead dry clay with glycerine instead of water, and a mass is obtained which continues moist and plastic for a length of time. This removes one of thte greatest inconveniences that is experienced by thte modeller.

Morocco Leather, to Restore.—The lustre of morocco leather is restored by varnishing with white of egg.

Oil Stains, to Remove.—Make a paste of fuller's earth and turpentine. This should be rubbed on the fabric until the turpentine has evaporated and a little white powder produced. The latter can be brushed off, and the oil will have disappeared.

Oil Stains.—Take 3 ozs. of spirits of turpentine, and 1 oz. of essence of lemon; mix well, and apply it as you would any other scouring drops. It will take out all the grease.

To Remove Oil from Leather Bag.—Wash with a little spirits of wine applied with a piece of cloth; when dry, coat all over with a thin coat of French polish, applied with piece of flannel.

To Renovate Old Manuscripts.—Wash the manuscripts in a solution of ferro-cyanide of potassium in clean water.

How to Remove the Smell of Onions from the Breath.—Parsley eaten with vinegar will remove the unpleasant effect of eating onions.

A Cheap Paint for Iron Fencing.—Mix tar and yellow ochre together. It will be a good green colour, and is excellent for painting rough woodwork and iron

Paint for Posts.—Posts painted with linseed oil and powdered charcoal, will last for years. Put a coat of this mixture over the timber, and there is not a man who will live to see it rot.

Paint, to take away the Smell of.—Vessels of water placed in a newly painted room, will remove the smell, especially if impregnated with a little sulphuric acid. Or straw and hay well saturated with water. Or chloride of lime and water.

Paint Brushes.—(1) To soften brushes that have become hard with paint, soak for one day in linseed oil, and rinse them out in hot turpentine. (2) Wash in hot soda and water and soft soap.

Paint.—Hot or even warm water should never be used to clean paint, as it destroys the varnish, and the paint soon wears off.

Panama Hat, to Clean.—Dissolve a little oxalic acid in a basinful of warm water, plunge the hat in (minus the band), scrub well with a clean nail brush, rinse well under the cold water tap, pull into shape, and dry in a warm place.

To make Paper Adhere to Whitewashed Walls.—Paper may be made to adhere to whitewashed walls by washing the walls with vinegar. When dry, apply the paper in the usual way.

Paste.—The following paste, it is said, will adhere to any substance to which it is applied: Sugar of lead, 1½ ounces; alum, 1½ ounces; gum arabic, 2½ ounces; wheat flour, 1 pound; water sufficient. Dissolve the gum arabic in two quarts of warm water; when cold, mix in the wheat flour, and add the sugar of lead and alum dissolved in water. Place the whole on the fire, stirring constantly, and take it off when it shows signs of ebullition. Let it cool, and the paste is made. If the paste is too thick,

add to it some gum water to bring it to the proper consistence.

Good Paste.—Paste that will keep unchanged in warm weather may be made in the following manner:—Put a teaspoonful of powdered alum in two quarts of water and let it boil. Mix a pint of flour smoothly into a pint of cold water, and stir it into the boiling alum water, continuing the boiling and stirring until the flour is cooked and the whole is clear, like starch. Add to this about half a teaspoonful of essential oil of cloves or cinnamon, strain through a wire gauze or perforated tin strainer, and bottle in wide-mouthed jars, which should be corked to keep out dust.

Paste for Sticking Labels upon Tin.—Soak 2 oz. gum arabic in water till dissolved; about 3 oz of water will be required. Moisten with methylated spirit ½ oz. gum tragacanth in powder, and add about 1 quart of water; mix the two solutions, add 2 oz. glycerine, and a few drops of oil of cloves.

Paste Similar to Stickphast.—Dissolve a teaspoonful of alum in a quart of water. When cold, stir in as much flour as will bring the paste to the consistency of thick cream. Carefully press out all lumps. Stir in half a teaspoonful of powdered resin and pour on to the paste a cupful of boiling water, stirring it thoroughly. When it becomes very thick, pour into a jar, add a few drops of oil of cloves, and keep in a cool place. When required for use, take a little and soften with warm water.

To Make an Old Pen as Good as New.—Hold it over a gas jet for thirty seconds. Then dip it in cold water.

To Cleanse Plaster of Paris Figures.—Use toilet soapsuds and a shaving brush; rinse well. Dipping them in a strong solution of alum water will give them the appearance of alabaster.

To Bronze Plaster Casts.—To make a good green bronze, such as is used for French statuary, dissolve 1 oz. sal ammoniac, in 3 oz. cream tartar, 6 oz. common salt, in 1 pint of hot water; add 2 oz. copper nitrate in a pint of hot water. Mix well together and apply with a brush.

Rats, to Drive Away.—"We clear our premises of these detestable vermin by making whitewash yellow with cop-

peras, and covering the stones and rafters in jar cellars with a thick coat of it. In every crevice where a rat might tread we put the crystals of the copperas, and scatter the same in the corners of the floor. The result was a perfect stampede of both rats and mice. Every spring a coat of the same yellow wash is given to the cellar as a purifier, as well as a rat exterminator."

To Renovate a Razor Strop.—Rub a little clean tallow over the surface, and then put on it the light top part of the snuff of a candle; rub it smooth. Excellent.—Another: Rub the strop well with a piece of soft pewter or lead.

How to Soften Resin.—Melt the resin, and while in a state of fusion add tar. The proper degree of hardness can be ascertained by dropping a small portion of the melted mass into water.

Rust.—Add two parts cream of tartar to one part of oxalic acid, powdered fine. Wet the fabric, apply a little of then wash in clear water.

To Protect Polished Steel or Iron from Rust.—Go over the surface with parafine, or steep the iron for a few moments in a solution of soda acidulated with hydrochloric acid. The result is a blue-black coating, not affected by the powder to the stains, let it remain a few moments, and air or water.

How to Remove Rust.—If you immerse the articles in ker sene oil and let them remain for some time, the rust will become so much loosened as to come off very easy.

To Remove Rust from Nickel.—Cover the rust marks with mutton fat and leave for two or three days. Then r b the spots with a rag dipped in ammonia, and the rust and grease will come off together.

How to Remove a Rusty Screw.—Apply a red hot iron to the head for a short time, the screw-driver being applied immediately while the screw is hot.

Steel, Rusty.—Steel, when rusty, may be cleaned by giving the article a good coating of sweet oil, leaving it for about two days, and then rubbing with unslaked lime.

Salt, What It Will Do.—Salt may be made useful in many directions besides table use. First, as a tooth powder, if

will keep the gums hard and the teeth beautifully white.—Also, if you have had a tooth extracted and the bleeding does not stop, rinsing the mouth with salt and water will prove a quick remedy—mixed with hot water it makes a good gargle for a sore throat, and if a little is put with lemon juice, stains on fingers from ink, peeling potatoes, etc., will be easily removed.—When tea-cups are discoloured rub a little salt on the stains before washing them, and the blemish quickly disappears.

Sealing Wax for Bottles.—Melt together over a very slow fire 2 lb. resin and ½ lb. tallow, then stir in about ½ lb. Venetian red. If black wax is required add ½ lb lamp-black in place of Venetian red. To apply the wax, melt it carefully in a pan and stir well; then take the corked bottles, dip the mouth of each one in the wax, and place aside to cool.

Shells, to Clean.—Rub a little muriatic acid on the shells, then wash off with hot water.

Shiny Clothes.—Sponge well with weak ammonia and water (salammoniac), dry in the air, and press over a wet cloth.

To Take Shine Out of Black Jacket.—Take a piece of ammonia about the size of a walnut, dissolve in quart of boiling water, dip a stiff clothes brush and rub jacket where it shines; put in sun to dry.

To Remove Shine from Cloth.—Sponge very lightly with a sponge dipped in cold strong tea.

A Tight New Shoe.—May be made comfortable by putting it on the foot, and then laying a cloth dipped in hot water on the tight part, and removing it frequently as it cools. This will make the leather shape itself to the foot.

Simple Test of Impure Water.—The presence of organic impurity in water can be detected by dissolving some loaf-sugar in it, and then, after putting in a tight stopper, allowing it to stand in a warm, well lighted room for a few days. If it becomes turbid, there are certainly organic impurities in it, if it remains clear it is pure and safe to drink.

To Clean White Slippers.—For these use equal parts of powdered alum and fuller's earth. Mix thoroughly and

rub on with a piece of flannel, turning the flannel as it gets dirty. Light kid gloves may be cleaned in the same way. A rub afterwards with oatmeal sometimes improves the look of them.

Smoke Stains.—An easy, and sure way to remove smoke stains from common plain ceilings, is to mix wood ashes with the whitewash just before applying. A pint of ashes to a small pail of whitewash is sufficient, but a little more or less will do no harm.

A Good Hard Soap.—Pour 12 quarts of boiling water on 3oz unslacked lime and 3lb. sal. soda; mix well and let it stand over night; then pour off all the clear fluid, being very careful not to allow any of the sediment to run off. Boil 6lb. of clean grease and 4oz. rosin in the above lye till the grease all disappears, then pour it into a box and let it stand a day to stiffen, then cut it into bars.

Cleaning Sponges.—Soak the sponge for about ½ an hour in warm dilute hydrochloric acid (1 part acid to 5 of water); remove, rinse in water, and then steep in methylated spirits for the same length of time. The hydrochloric acid decomposes the lime soap which is precipitated in the cells of the sponge, and dissolves the lime, leaving the fatty acids of the soap, which are removed by the spirit.

Squeaking Boots.—Prick upon the sole of the boot, so as to let the air out from between the soles. This being the cause of squeaking.

Squeaking Boots.—To prevent this, drive a row of pegs through the centre of the sole from the toe towards the heel.

Stained Brass.—Oxalic acid ½ oz., rottenstone 6 oz., powdered gum arabic ½oz., sweet almond oil ½oz.; mix well, and then use with coarse piece of flannel, then polish with soft cloth.

Steel and Iron may be quickly cleaned by using a paste consisting of paraffin, brickdust, and whiting. Rub on with an old cloth or washleather. This will gi e a brilliant appearance, and leave no marks.

Removing Stains from Black Cloth.—Mix together a small quantity of fresh ox gall and a little carbonate of

potash; spread the mixture over the stains and brush with a hard brush, then wash out with clean water.

To Clean Straw Hats.—Dissolve ½ a teaspoonful of oxalic acid in boiling water (about a cupful), pour into a small dish of cold water; place hat on clean board, gently scrub with nail brush, and dry in the shade.

To Clean Straw Hat.—Procure a piece of sulphur about the size of a walnut; place this in saucer, and apply a lighted match. When the sulphur is smouldering, place it in a tin box with the hat and close the lid; the fumes will then bleach the hat.

Straw Hat, to Clean.—Wash with soap, rinse with clear water, wash over with white of an egg beaten to a froth.

To Clean White Straw Hats.—Brush very thoroughly with clean cold water to remove dust, and allow to dry. Dissolve a teaspoonful of oxalic acid in a quart of boiling water. Dip the hat into this. Dry, and then stiffen with white of egg or a clean, transparent size. If necessary, press the brim, laying it on the edge of a table, with a hot iron on the wrong side.

To Bleach a Straw Hat.—Scrape stick sulphur with a knife, mix the powder to a mush with water, plaster it thickly over the straw, and place in the sun for several hours; brush off when dry. An easy and effectual plan. Another way is to burn brimstone in a box containing the hat.

How to Remove Tar from Cloth.—Rub it well with turpentine and the tar will be removed.

Remove Tar from Serge.—Apply to the stains with a piece of flannel successive applications of coal-tar turpentine, naphtha, and benzine. If the stains are very old they should first be rubbed with a flannel dipped in salad oil.

Tea Stains.—Remove by pouring boiling water through the stained fabric.

Tortoiseshell Combs, care of.—Tortoiseshell combs frequently show signs of scaling or splitting. To remedy this, soak them in olive-oil for one night, or longer if in a very bad state. In any case, it is always a good plan to rub tortoiseshell with olive-oil from time to time, and rub

with the palm of the hand, and not with leather or any other medium.

To Patch Silk Umbrella.—A good patch can be made with court plaster of the right colour, neatly stuck over the hole.

Varnish for Leather.—Spirits of wine ½-pint, vinegar 5 pints, gum senegal in powder ½lb, loaf sugar 6oz., powdered galls 2oz., green copperas 4oz. Dissolve the gum and sugar in the water, strain, and put on a slow fire, but don't boil. Now put in the galls, copperas, and the alcohol. Stir well for five minutes, set off, and when nearly cool strain through a flannel, and bottle for use. It is applied with a pencil brush.

Walnut Stains.—Remove from hands by rubbing them with the juice of ripe tomatoes.

A Watch as a Compass.—Place the watch in front of you, with the figure XII. pointing to the sun. The north will be exactly midway between the figure XII. and the short hand of the watch.

Water, to Soften.—Boil, and leave it exposed to the atmosphere.

Waterproof Cloth.—The Chinese immerse the fabric strong or fine in the following mixture: half an ounce of white wax in a pint of spirits of turpentine.

How to Purify Water in a Cistern.—Two ounces of permanganate of potash thrown into a cistern will render the foulest water sweet and pure.

To Cool Water Without Ice.—Fill a jug or jar with water, cover it with several layers of carpet or other coarse cloth; saturate this with water, keep in a cool, windy, shady place. The evaporation of a wet wrapper will absorb enough heat to keep water pleasantly cool

Purifying Water.—Three tablespoonfuls of alum placed in a tank of impure water will, after the lapse of a few hours, precipitate the impurities and give it nearly the freshness and clearness of spring water. A bucketful may be treated with a teaspoonful of alum.

Whitewash that will not Rub Off.—Mix up half a pailful of lime and water ready to put on the wall; then take ½

pint of flour, mix it with water, then pour on it a sufficient quantity of boiling water to thicken it, and pour it while hot into the whitewash; stir all together and use.

Whitewash.—Durable. Fresh, well slacked lime, stirred into equal parts of water and buttermilk, to the usual consistency, will make a whitewash that will not rub off. Keep it hot while applying it.

Whitewash for Rooms.—Take 4lbs. of whiting and 2ozs. of common glue; let the glue stand in cold water over night, then heat it until dissolved and pour it hot into the whiting mixed with cold water. This makes a nice smooth whitewash.

To Harden Whitewash.—To ½ pail common whitewash add ½ pt. of flour. Pour on boiling water in quantity to thicken it; then add 6 gals. of the lime water and stir well.

To Clean White Cricket Hat.—Make a thin paste of flour and water, and smear over the hat; do not put it on too thick. Let it dry, and brush off with a clean stiff brush.

Good Whitewash.—Stir 6 pounds of whiting into cold water, avoiding all lumps. Steep 3 ozs. of glue in cold water for 12 hours, then heat it until it is dissolved, and pour into the whiting while hot. The wash should be of the consistency to be applied with a whitewash brush.

White Ants.—8ozs. washing soda, 2 quarts of water (boiling), ½ oz. arsenic (powdered). Put the soda into a tin and pour the boiling water on it, put on the stove, and while hot stir in the powdered arsenic until dissolved. Use a common syringe to inject the fluid into the places the white ants are. If liquid is kept, label the bottle "Poison."

To Stain Wood.—Walnut Stain: Dissolve in hot water 1 part soda, with 1½ part vandyke brown, and 1-6th bichromate of potash. Black stain: Dissolve permanganate of potash in water.

Wooden Picture Frames.—May be greatly improved in appearance by being rubbed with a mixture of turpentine and linseed oil. The proportion is one tablespoonful of turpentine to three of linseed oil. Apply with a small piece of cloth, and rub until quite dry.

Yeast.—Put 1 oz. of hops in 1 pint of cold water, boil ten minutes; mix with 2 tablespoonfuls of flour, 2 of sugar, 1 of salt; strain into a bottle, let stand 24 hours.

Yeast.—½ pint water, 2 dessertspoonfuls of sugar, 2 dessertspoonfuls of flour; bottle, mix well, cork tightly, stand for 12 hours; it is then ready for use.

THE TOILET.

Bad Toe-nails, to Prevent.—Never cut the nails below the level of the end of the toe, nor ever suffer them to grow much beyond their level. If nails grow in at the sides, scrape them at the top, and cut them often, both there, and at the opposite corner.

Baldness, to Cure.—Or a mixture that will bring back the hair if the roots are not already gone.—10 parts crude cod liver oil, 10 parts expressed juice of onions, and five parts of mucilage or the yolk of an egg, thoroughly beaten up together and the mixture applied to the scalp and well rubbed in once a week.

ForBlackheads in the Skin.—Procure 1 lb. of curd soap of the best quality and wash the face night and morning with it. Afterwards wash the soap off, and rub the face vigorously with a rough cotton towel. Eat fruit, but not rich food, and take all the outdoor exercise possible.

Bleached and Refined Paraffin.—Is greatly recommended for the hair. It should be applied to the scalp at night and in the morning the hair rubbed with a rough cotton towel.

Brilllantine for the Hair.—A solution of castor oil in eau-de-cologne, 1 part in 4. Another formula is as follows: Glycerine and eau-de-cologne (of each 1 part), honey (2 parts), rectified spirits (4 parts). Another: One ounce of castor oil, 2 oz. alcohol, 5 drops otto-of-rose, 4 drops oil of neroli. Mix well and bottle.

Brown Hair Dye from Walnut Husks.—Take 8oz of the outside green shell or husk of the walnut, bruise and beat

into a pulp, put this into a glass or stoneware bottle, and pour 24 oz of proof spirit over it, cork closely, and let it remain thus for 6 days, shaking the bottle frequently during that period. Some consider that you extract the dye better by only slightly bruising the walnut husks After the 6th day strain the liquor through linen, and bottle for use. The best time to make this is when the new walnuts come in, and you can easily procure the husks. The method of making the dye with ammonia is as follows:—Take any amount you please of green or dry walnut husks and add sufficient to well cover them of liquid ammonia of 880 strength—1 part and 7 parts water. Let them stand, closely covered, for 14 days, with occasional shaking, then strain and expose in an open vessel for the excess of ammonia to evaporate. It is then ready to use. All the natural greasiness of the hair should be washed out and the hair dried before the dye is applied.

Brilliantines.—The following are excellent recipes:—

1. Alcohol, 100 grammes; castor oil, 25 grammes; Peruvian bark extract, 5 grammes; essential oil for perfuming, 1 gramme.

2. Alcohol, 100 grammes; castor oil, 20 grammes; glycerine, 100 grammes; essential oil for perfuming, 2 grammes.

A Camphorated Tooth Powder.—This, which is the most serviceable tooth powder known, can be very easily prepared at home according to these directions. Two drachms of camphor should be finely powdered, a slight addition of spirits of wine aiding the process, and when completed, be thoroughly mixed in with 1 lb. of prepared chalk. The cost of this quantity would be infinitesimal.

Chapped Hands.—(1) Wash in a mixture of bran and water; or a daily application of vaseline rubbed in once a day will keep the hands from chapping. (2) To prevent chapped hands, wash them in soft water and honey soap. Dry with a soft towel.

Cheap Wash for the Hair.—Dissolve over the fire, in a quart of water quite boiling, 1 oz. of borax and ½ oz. of camphor, finely powdered. Allow it to cool, and perfume it, if you choose, with a little rose-water. Wash the hair frequently with the preparation, and brush it till it is dry.

Hair Grease.—Melt ½ pound of lard and 6 ounces of olive oil in a jar placed in hot water; when nearly cool add about 2 drachms of essence of lemon, oil of lavender, or any other perfume, and then pour it into glass bottles or earthen pots.

Dandruff.—One ounce of quassia chips into a cupful of water; let it stand 24 hours, and apply, brushing it well into the roots of the hair.

To Remove Dandruff.—Take of borax 1 drachm, rose water ½ a pint, tincture of cantharides ½ a drachm, cologne water ½ a pint. Mix and apply night and morning

Deep Breathing as a Means of Beautifying.—No woman can have bright eyes, a beautiful skin, or an elastic step if she does not supply her lungs with oxygen.

She can only do this by deep breathing.

The indolent woman regains her lost energy when she learns how to breathe correctly. The sallow girl, with the dark circles under her eyes, discovers that with correct breathing the congested veins yield to the stimulated circulation, the dark rings disappear, and he lustre re-appears in her eyes.

Deep breathing will reduce flesh in obese women, because oxygen burns out carbon. Proper breathing means taking in a large supply of oxygen.

Deep breathing will help to make curves where there are angles, and it is a potent factor in the cure of emaciation, because it supplies oxygen to the wasted tissues, and sets the machinery of the vital organs going, strengthening weak places, and supplying red corpuscles to impoverished blood.

It will promote digestion by quickening the functions of the stomach and intestines, and promoting the assimilation of food.

Deep breathing will cure round and stooping shoulders. It will fill out and develop hollow cheeks and deficient chests.

To Improve the Eyebrows.—Melt one teaspoonful of lanoline and 1 teaspoonful of cocoa-butter in 2 teaspoonful of glycerine. Stir till cold and at night rub a little gently into the eyebrows, being careful to rub the same way as the hairs lie. A few weeks of this treatment should greatly improve the strength.

To Whiten Finger Nails.—Cut a lemon in half and rub in well at night. Wash off in warm water the next morning.

Freckles.—The following lotion has proved most successful in the removal of fre kles. Oxide of zinc, ½ dram; subiodide of bismuth, ¼ dram; dextrin, 1¾ drams; glycerine, 1½ drams. Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

Freckles and Sunburn.—Are often removed by bathing the face at night with buttermilk. This remedy has the advantage of being perfectly safe, at the same time rendering the skin soft and fresh looking. The following lotion is also good for freckles. Take 1 oz. of lemon juice, ¼ of a drachm of powdered borax, and half a drachm of sugar. Mix all together and let it stand in a bottle for 2 days. It will then be fit for use, and should be rubbed on the face and hands occasionally.

Freckles, to Remove.—To one ounce of lemon juice add ¼ of a drachm of powdered borax, and ½ a drachm of sugar; let the mixture stand in a bottle for a few days, when it will be ready for use. Rub occasionally on the hands and face. Another preparation is, one part Friar's balsam, and 20 parts rose water.

Freckle Cure.—Wash the face night and morning in half-a-pint of water, to which the juice of one lemon has been added.

To Make Grey Hair Black.—Put cold tea on rusty iron after standing for, say, one day. Wash the hair with it every day.

To Keep Hair In Curl.—A tablespoonful of boiling water on a dozen quince seeds, and repeat when fresh is required; or a solution of gum arabic, scented with attar of roses.

How to Darken the Hair.—After washing the hair, and allowing it to dry, brush it well with a strong solution of Condy's fluid, taking care to brush all over alike, then leave it dry for a couple of hours, and wash again in cold water, or else it will be very sticky.

To Dye Hair Fair.—You will find peroxide of hydrogen most useful in restoring hair to natural colour. Wash and dry hair thoroughly in warm water, then brush into roots of hair.

How to Make the Hair Grow.—A good tonic for the hair is a tablespoonful of common table salt in the water after the hair has been well washed, and then rinse it well with cold water; wash it about once a week this way, and brush it well every night.

To Restore Hair on Bald Spots.—Rub the spots once or twice a week with kerosene; it will make the hair grow, provided the roots are not dead.

Hair Wash.—Dissolve 1 oz. of borax and ½ oz. of camphor in a quart of boiling water; bottle when cold.

Hair Wash.—Eau de cologne 2 oz., tinct. of cantharides 2dr., oil of lavender and oil of rosemary, 10 drops each. Apply daily. A 1s. bottle will last about six weeks.

Hair Restorer.—Milk of sulphur 3d glycerine 6d. Mix the two ingredients, and let them stand 24 hours. Spirits of wine, half-pint; methylated will do; sugar of lead 6d, one tablespoonful of table salts, 2½ pints of filtered or boiled water. Mix the glycerine and sulphur with the spirits of wine. Let stand 12 hours. Then add the water, sugar of lead, and salt, scent if desired. Apply with a sponge until the hair returns to its natural color; once a week or fortnight may be often enough. This is not a dye, and will not stain the skin. The recipe has been tried by many.

Hair Falling Off.—Hair may be prevented from falling off by applying the following lotion to the roots of the hair 2 or 3 times a week: 1 oz. of trotter oil, 1 oz. of spirit of turpentine, and 30 drops of acetic solution of cantharides.

Hair Falling Out..—Mix together 1½ dr. of pure precipitated sulphur, 1dr. of vaseline, 1dr. of lanolin, 2dr. of glycerine of borax, and 3dr. of essence of bergamot and benzolated lard. Rub well into the scalp every night.

Hair Falling Out—½oz. of bitter apples, ½ a pint of bay rum. Soak apples in bay rum for 3 days, pour off the spirits, and rub on the roots of the hair several times a week; also spirits of rosemary rubbed in once a week is excellent.

Hair Falling Out.—When the hair begins to come out in quantities, do not try some stuff at the drug store of which you know nothing. Wash the head in sulphur water and rub vaseline into the scalp twice a week. It is not necessary nor desirable to cover the hair with it. Dip the fingers into the vaseline and then rub the head until the scalp feels clean and invigorated. There is nothing better than vaseline to promote the growth of the hair. Very many "hair invigorators" (so-called) contain sugar of lead, and therefore are dangerous.

To Keep the Hair from Falling Out.—Wash the head every week in salt water and rub the skin of the head with a dry, coarse towel. Then apply a dressing composed of bay rum and sweet oil, with which a drop of tincture of cantharides has been mingled. This will stimulate the skin and prevent the hair from falling out and turning grey. The dressing for the hair may be scented with cinnamon or some such warming essence.

Hair to Clean.—To clean hair ,wash well with a mixture of soft water, 1 pint; salsoda, 1 oz., cream tartar, ½ oz.

For Cleaning and Improving the Hair.—Boil in a stone jar stood in a pan of hot water, half a pint of rose water, quarter of an ounce of sassafras wood. Let this stand till cold, then add half a small wineglass of alcohol

and a sixteenth of an ounce of pearlash. Apply to the scalp once daily.

Hair, to Strengthen.—Dilute 1 oz. of borax and 1 oz. of camphor in two quarts of water, washing the hair thoroughly once a week, dipping the ends occasionally. It will quickly grow thick and even.

Hands, Stains on.—For stains on the hands nothing is better than salt, with enough lemon juice to moisten it, rubbed on the spots, and then rinsed off with clean water.

How to Remove the Stains of Fruit from the Hands.—Wash your hands in clean water, dry slightly, and while yet moist strike a sulphur match, and hold your hands around the flame. The stains will immediately disappear.

How to Make Hands White.—Mix 6d liquid ammonia, 6d glycerine, juice of two lemons. Apply at night. Bathe in oatmeal water in the morning.

To Whiten the Hands.—Half-pound mutton fat, 1 oz camphor gum, and 1 oz. glycerine; melt, and when thoroughly mixed set away to cool. Rub the hands with this at night, it will render them white, smooth and soft.

For Hard Hands.—Try this soap every night when washing the hands with hot water. Take 6 parts of beef suet cut finely, and 2 parts of beeswax. Simmer over the fire till all is melted, scent it as desired, pour into a mould and it will set like soap. Should the wax be very hard warm it before the fire before using. Always keep in loose gloves.

Kerosene for Children's Hair.—Half kerosene and good salad oil. Will make in a short time a decided improvement in the hair. To be well rubbed into the roots, and the hair well brushed and kept clean.

A Good Macassar Oil.—Set over the fire a pint of castor-oil, and when it is warm and fluid pour it over 1 oz. of alkanet root; let it stand 5 minutes, then strain it, and leave it to cool. When quite cool, perfume it with 3 grains of musk or civet, and 20 drops each of oil of

cloves and oil of bergamot. It may then be put into small bottles and corked for use.

Nails, the Care of.—The nails should be brushed at least twice a day, and the skin around the lower part should be kept down by rubbing with a soft towel. The sides of the nails need clipping about once a week. If they become stained, wash them well with soap, and after rinsing off the soap well brush them with lemon juice.

White Spots on the Nails are caused by opacity of the cells, due to injury. Rub the nails with pumice stone powder moistened, and as the nail grows so will the spots disappear. Ridges in the nails may be rubbed down with moistened pumice stone.

Perspiration of Feet.—Sponge the feet with slightly diluted acetic acid, and, if at all tender, dust with powdered boracic acid. An invaluable remedy.

Pomade for the Hair.—Take of olive oil 1 lb., spermaceti 3 oz. Put these in a clean, dry jam crock, which place in a warm bath, and melt them by a gentle heat. Then add perfume according to fancy. A favourite mixture of perfumes for this pomade is composed of essence of bergamot 3 drachms, oil of verbena, and oil of rosemary, each 1 drachm. When you have mixed the perfume with it, pour the pomade into clean, dry, wide-mouthed glass bottles, and allow it to cool very slowly and undisturbed if you wish it to be crystallised; but if you want an opaque pomade, before pouring it into the bottles, stir and beat it up well until it thickens, then pour it in.

To Whiten Red Hands.—The best thing is lemon juice. Rub a little in every time after washing. Some people soak their hands in a weak solution of chloride of lime and water to whiten them. Only very little of the lime must be used, or it will burn the skin.

A Good Shampoo Mixture.—Shred a cake of pure olive oil soap into one pint of boiling water. This will form a jelly when cold. Take 2 tablespoonfuls of this, add to it a quarter of a pint of hot water, and add the juice of half a lemon. Well rub into the roots of the hair.

For Whitening the Skin.—Make a soap as follows: Mix 1 wineglassful of eau-de-cologne with a wineglassful of lemon juice, which has previously been strained clear, scrape up 2 or 3 cakes of ordinary brown Windsor soap. Mix the whole thoroughly and place it in moulds to dry.

The Teeth.—Always clean the teeth at night just before retiring, for particles of food collect between the teeth during the day, and, if left there all night, will decay, causing the breath to become offensive, and also prove very injurious to the teeth. Scrub the teeth with a hard brush, using little, if any, soap, and sprinkle on a little powdered borax—one pinch will do—until the gums are hardened, and become accustomed to it. Rinse the mouth often with borax water; it will prevent it from becoming sore or tender. If artificial teeth are worn, cleanse them thoroughly with borax, and when convenient let them remain in borax water every night if possible; it will purify them and help to sweeten the breath.

To Make Teeth White.—Dissolve 2 ozs. of borax in 3 pints of water; before quite cold add thereto one teaspoonful of tincture of myrrh and one tablespoonful of spirits of camphor. Mix well, and bottle the mixture. One wineglassful of the solution, added to ½ a pint of tepid water, is sufficient for each application. This solution applied daily, preserves and beautifies the teeth, extirpates tartarous adhesion, produces a pearl-like whiteness, arrests decay, and produces a healthy action in the gums.

To Make Teeth White.—Threepennyworth of camphorated powder, third powdered myrrh, mixed. This will preserve and keep teeth white.

A Good Toothwash.—White Castile soap, ½ oz.; oil of cinnamon, 2 min.; oil of cloves, 5 min.; oil of wintergreen, 10 min. Dissolve in proof spirit sufficient to produce 10 oz. A few drops sprinkled on the tooth brush will be sufficient.

Tincture of Myrrh and Borax Wash is composed of: Myrrh (picked), ½ oz.; powdered rhatany root, ½ oz.; powdered borax, ½ oz. Percolate with proof spirit to 10 oz., and add to percolate oil of neroli, 7 mins. This should be used in the same way as the previous recipe.

To Keep the Arms White and Soft.—Bathe them every night with hot water in which a little ammonia is mixed, and then thoroughly rub with a soaped loofah. Dry thoroughly by rubbing hard with a towel, the object being to set up a glow. Rough, red arms are generally caused by a poor circulation, and the rubbing will help to remedy this. The arms should never be allowed to become chilled, so that long woollen sleeves must be worn and all tightness avoided round the wrist and armhole. When the arms have been dried, take a little glycerine and lemon juice and with the palm of the hand rub it in. Keep rubbing until the skin no longer feels sticky. In the morning wash the arms again in hot water, soap with a loofah, and rinse in clear tepid water. Dry thoroughly, dust over with a good powder, and give a final rub with a soft chamois leather.

Hands, to Whiten.—Mrs. Hale's recipe for whitening the hands is a wineglass of eau-de-cologne, and 1 of lemon juice; scrape 2 cakes of brown Windsor soap, or the same quantity of pure white soap, to a powder, and mix well in a mould. It hardens, and is excellent for whitening the hands.

A Good Tooth Powder.—2 ozs. of prepared chalk, ½ oz. of powdered orris root, ¼ oz. of carbonate of soda. Dry, mix thoroughly and pass twice through a fine wire sieve.

Washing the Face.—Everybody washes his or her face, but very few people (the "People's Friend" says) do it properly—that is, thoroughly. First, you require warm water, or tepid, at any rate. Cold water, or even cold soft water, never cleanses. Warm rain water is a treat. Then you require a mop of some kind, not a sponge. The sponge is useful simply for laving the face and body, and should never be soaped. Some people prefer a bath glove, others a loofah for this purpose. I pin my faith to a piece of flannel, old and soft. Well soaped, well rubbed on, it acts as a magic cleanser. You can watch the crop of blackheads springing black and thick and flourishing luxuriously in the favourable soil in the faces of elderly and old people who are not very particular about their toilette. Blackheads are directly the result of carelessness in cleansing.

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